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DOWNIE
ON
MINERAL WATERS

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Gownie

Advertisement.

The facility afforded by the Taunus Rail-road, enables the Author to visit Wiesbaden some part of every day during the Season, Sundays alone excepted. He begs that all Notes and written Messages may be left at his apartments, Burg-Strasse (corner of Wilhelm-Strasse) letter A. No. 13.—

*9. Grosse Gallen Gasse,
Frankfort, May 1841.*

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A
PRACTICAL TREATISE
ON
The Efficacy
OF
MINERAL WATERS
IN
THE CURE
OF
Chronic Disease,
ILLUSTRATED BY CASES;

WITH AN APPENDIX CONTAINING, AN ANALYSIS OF THE
MOST REPUTED SPAS IN GERMANY.

BY

Sir ALEXANDER MACKENZIE DOWNIE, M. D.

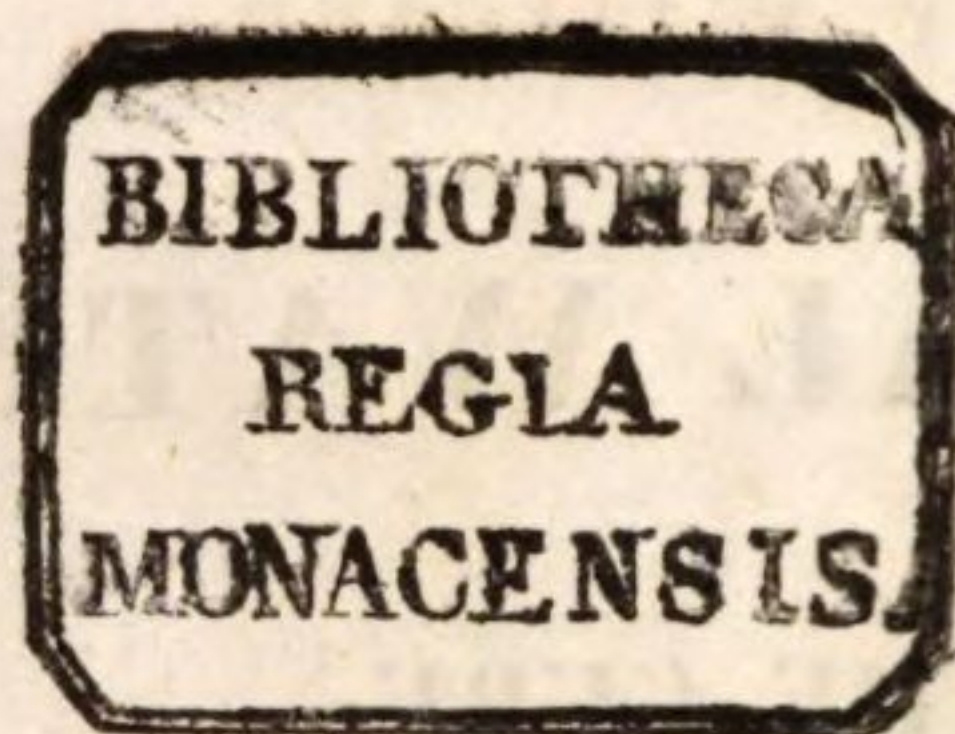
Physician in Ordinary to His Royal Highness
the Duke of Cambridge, to Her Majesty's Legation at Frankfort,
and consulting Physician at Wiesbaden
during the season.

FRANKFORT o/M.

CHARLES JUGEL; GALIGNANI & CO., PARIS;

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TO
HIS SERENE HIGHNESS
THE
DUKE OF NASSAU.

Sir,

**To Your Serene Highness, as
Sovereign of a country rarely
surpassed in beauty of scenery
and unequalled in the richness
and variety of its mineral wa-
ters, I have craved permission
to dedicate this small volume.**

My chief object in soliciting this permission was in the first place to have an opportunity of tendering my grateful thanks to Your Serene Highness for extending the privilege so liberally and generously granted me by Your Serene Highness's late Father to practise medicine at the Baths of Nassau, and secondly to bear testimony to the many virtues which adorn Your Serene Highness's public and private life.

That Your Serene Highness may enjoy a long and uninterrupted reign of happiness, the

**Head of an ancient and Princely
House, the benefactor of your
country, and the energetic pro-
moter of her interests, is the
sincere and ardent wish of**

Your Serene Highness's

**gratefully obliged and obedient
servant**

ALEX^r. M. DOWNIE, M. D.

9. *Grosse Gallen-Gasse.*

Frankfort May 1841.

land of an ancient and friendly
 home, the location of your
 coast, and the congenial pro-
 portion of the interests, is the
 nature and extent of

Your service

graciously obliged and obedient

servant

ALEX. M. BOWEN, M. D.

D. Green College, Conn.

Providence, May 1841

Received of the

Library of the

PREFACE.

It is not unusual for an Author to preface his work by offering an apology for obtruding himself on the notice of the public. In the present instance neither the charm of novelty nor the general interest of the subject can be pleaded in extenuation of an attempt at "Book making." It would also be contrary to good taste and proper feeling to reflect invidiously on the labours of my professional Bretheren who have

already written upon the subject of mineral waters;—to endeavour to increase my own merits by detracting from theirs or to stigmatise their works as mere guide Books or “Geographical indicators” chiefly “descriptive of Tables d’hôte, Kursaals, Balls and Gamings tables.”—Leaving the public to judge of their merits or demerits in these as in all other respects, I may be permitted to offer one remark:—that the result of their investigations has by no means exhausted the subject, and that although they may have paved the way, ample room is left for future enquiry, into the causes and sources of mineral waters, their chemical combination, their physiological operation and their

remedial efficacy. Impressed with the truth of this observation I have been induced to yield to the solicitation of a numerous circle of friends, professional and otherwise, to publish, in their present form, such observations as I have been led to make during a period of seven years, the greater part of which I have passed at and in the immediate vicinity of some of the most reputed Spas in Germany.

In the fulfilment of this design, I have confined myself, to matter entirely practical, my object being to furnish to members of the profession who are precluded either by distance, engagements, or other causes, from visiting the various Spas such in-

formation as will enable them to judge with some degree of correctness of their remedial efficacy in chronic disease; and at the same time to convey to the general reader or invalid, in the absence of better authority, an idea of the *Source* where his malady is likely to be alleviated or cured.

In my selection of diseases I have confined myself to those in which mineral waters are indicated and in which experience enables me to bear testimony to their efficacy. I have also endeavoured to point out the exact stages of disease in which their employment is admissible or inadmissible, illustrating each chapter and section by cases treated either by

myself or by other competent authorities. Avoiding as much as possible the use of technical language I have endeavoured to render the work more generally useful and intelligible by adopting as plain a style as was consistent in a treatise, the object of which is partly medical partly popular.

In the Introductory Remarks I have detailed the manner in which mineral waters are usually employed and laid down some general rules to be observed by the invalid whilst pursuing the cure: not however with the intention of making every man his own Physician,—for in a subsequent part of the work I have taken occasion more than once to point out the dan-

ger which may result from an incautions use of remedies so powerful. For an analysis of the springs mentioned in the work I beg to refer the reader to the Appendix where he will also find such local information regarding the various Spas as I have deemed useful or desirable either to the casual visitor or invalid.

I am sensible that the eye of the critic will discover many defects and omissions: for these I must crave indulgence: the only merit I claim is in the design not in the execution of the work:—it is a “**Book of Facts**” and as such will I trust prove useful both to the Physician and Valetudinarian.

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THE
EFFICACY OF MINERAL WATERS.

THE

EFFECTS OF MINERAL WATERS

THE
EFFICACY OF MINERAL WATERS.
IN THE CURE
OF
CHRONIC DISEASE.

CHAP. I.

INTRODUCTORY REMARKS.

The mineral waters of the Continent, though occasionally visited by British invalids, were little known in England until the notice of the public was directed to their therapeutic agency by the elaborate work of Dr. Granville published in 1837. — The strong prejudice with which the employment of them was viewed by the medical profession, though still entertained is greatly modified. Many of its most distinguished members have been induced to visit the several sources, some

as invalids, and others with the laudable purpose of scientific inquiry, — their object in both cases has been attained, the invalid has returned to his professional duties with renewed health, and the inquirer having divested himself of all prejudice, has witnessed sufficient to convince him that a safer, or more effectual remedy does not exist, in many diseases wherein a perfect knowledge of his art had hitherto failed to afford permanent relief.

The well known tendency of popular prejudice to run into extremes is as apparent in this instance, as it generally is, in entertaining or combating new theories in religion, politics, or any branch of science; and instead of opposition on the part of the profession and the public, it is to be feared that undue importance is now attached to the subject. So many of our countrymen visit the German Baths, if not on the score of health, at least for

pleasure, devouring with greedy ears, all the wonderful tales which those interested in the popularity of the different spas take pains to circulate; that they return to England with exaggerated notions of the cures which have been, and are to be performed; these are readily related and as readily believed by their friends, until at length they come to the ears of the invalid, who without any regard to the nature of his ailment, or without consulting any competent authority, seeks one of the sources of which he has heard such wonderful accounts. Under all circumstances he is doomed to disappointment, the chances are, that he has gone to the wrong water, or it may happen that he has been directed to a spa less efficacious, than he should have been, had he laid his case before a professional man acquainted with the subject; in the one case his sufferings instead of being

alleviated are increased, in the other, instead of complete restoration he finds only partial improvement. But let us suppose, that by accident he has really gone to the proper Spring, still, his expectations are not realized, he finds that neither Carlsbad, Wiesbaden, nor Wildbad are pools of Siloam, that the paralysed arm is paralysed still, the contracted limb is not straightened, and a course of Twenty Baths has not completely eradicated all traces of Gout. — It is far from my intention to detract from the merits of mineral waters. I have witnessed too many proofs of their sanative efficacy not to bear testimony to their beneficial agency in Chronic disease — they are not however miraculons in their effects, and an invalid would do well to consider, before he commences the use of them, the amount of benefit which he may reasonably expect. It may appear very absurd, but it is never

theless true, that many who have suffered for years from Gout, Rheumatism or some other chronic complaint, expect that by quaffing a certain quantity of water, and at the end of three weeks immersion in a Bath, their health is to be perfectly restored. I have met with so many instances of such absurdity (for I know no other term by which to characterize it) on the part of invalids, that I now on being consulted, consider it my duty invariably to point out the exact improvement which may be rationally anticipated. If the symptoms for which they have employed the healing virtues of the water are in the first instance alleviated, if the progress of the disease is arrested, if freedom from pain, and comparative comfort are obtained so as to enable them to perform the various duties of their calling; surely there is every reason for contentment and thankfulness. Should

those who are so benefited be induced to return to the Baths, still greater improvement may be anticipated, and the disease which was arrested in its progress may be entirely overcome. Upon this subject however I shall have to speak more fully in a subsequent part of the work. — I now proceed to lay before the reader such rules and considerations as I deem essential either preparatory to commencing or during a course of mineral waters.

I. OF THE BEST SEASON FOR EMPLOYING MINERAL WATERS.

The best season for resorting to the foreign Spas is from the beginning of May to the end of September, or middle of October. In consequence of the protracted seasons in London, the majority of British Invalids have for the last few years, been later in their visits than is desirable; the local situation of

some of the Spas as Schwalbach, Kissingen, Marienbad and even Carlsbad is such as to render it impossible on account of cold and damp, especially, if the season be unfavorable, to bathe after the end of August; consequently in cases in which a double course is indicated, it will often be impossible to pursue it without great risk to the general health of the patient. While under the influence of mineral waters, the body is more susceptible of the influence of cold, and the well known prevalence of Dysentery at the close of the season, at the places I have mentioned, and especially at Carlsbad, ought to be borne in mind by those who have not strength of constitution to bear such an illness and who, by subjecting themselves to its influence, would defeat the object they have had in view. There are some waters which may be taken without risk at any season of the year — the Thermal waters

of Wiesbaden, Töplitz, and Baden-Baden. About two years ago, I made the acquaintance of a very intelligent manufacturer in this neighbourhood, who, in the course of conversation, and finding I was a professional man told me that he suffered acutely from Rheumatism; feeling assured that like all Germans he visited some Bath in the season, I had the curiosity to ask him to which he gave the preference; he said Wiesbaden, that it had always cured him, but that his great misfortune now was, that his Rheumatism returned at a season when he could not have recourse to his specific, namely in the winter and spring. I stated to him that after several years acquaintance with the medicinal qualities of these waters, I was of opinion that by observing certain precautions, they might be employed with safety at any season of the year: at first he appeared sceptical; but I succeeded so

completely in convincing him, that he now, despite of weather, on the least return of his old complaint, removes to the Heil-Quelle or healing source, and experiences not only immediate relief, but lengthened freedom from suffering. I could mention many cases which have come under my notice, in which these waters have been employed with benefit even during the prevalence of extreme cold. Several of the German writers upon mineral waters, particularly Drs. Osan, Peez, and Richter have almost gone so far as to say that they are equally beneficial in the winter as in the summer. The result of my own observation is, that in certain cases of inveterate Gout, Rheumatism, Paralysis and Cutaneous diseases, a cure commenced in the summer may be continued in the winter. I can bear testimony to the excellent arrangements made at Wiesbaden for this purpose, especially at the Quatre

Saisons, the English Hotel, and the Rose; the same facilities will be found at Baden Baden, and even at Töplitz, though so much more less desirable a winter residence than either of the others. With these exceptions, the best season for visiting the various other baths, such as Schwalbach, Homburg, Kissingen, Brückenau, Ems, Gastein and Wildbad — is from the middle of May or beginning of June to the end of August. The season at Schwalbach is by far the shortest, and ought not to date earlier than the middle of June, or be continued later than the middle of August. This in fact is the height of the season at all the Spas. Invalids however, may commence the use of almost all the others early in May, and unless the season should prove very inclement, continue them till the middle of September.

II. ON THE INTERNAL USE OF MINERAL WATERS.

The first consideration under this head regards the quantity of water which ought to be drunk: upon this subject however no certain rule can be laid down, as it must be regulated by the nature of the disease, the properties of the water, and peculiarities of idiosyncrasy in the patient. — Experience, which is the best guide in such matters, has convinced me of the mischievous effects which have been produced by prescribing the internal use of mineral waters in excess of quantity; a system very prevalent amongst the Physicians resident at the Spas, — who regardless of impaired digestion, and various other considerations, not unfrequently order 8 or 10 beakers before breakfast for a commencement, the consequence in the first instance is, that nausea, distention of the abdomen, and a feeling of weight

or confusion in the head are produced, and, if these are not followed by symptoms requiring active treatment, they at least dishearten the sufferer, and he is forced to suspend or abandon a means which, under proper precautionary treatment, would perhaps have restored him to the enjoyment of health.

In general the object in ordering the internal use of many mineral waters is, that they should produce an aperient effect; the quantity required for this purpose will in a great measure depend upon the ingredients entering into the composition of the water, or upon constitutional peculiarity in the invalid; this however is an uncertain guide, as I have sometimes found that in cases where unusually large doses of purgatives, pharmaceutically prepared, produced little effect a small quantity of a water not remarkable for its aperient qualities acted more pow-

erfully on the bowels than was desirable. Another object in ordering mineral waters internally is their well known solvent alterative and diuretic properties, for these purposes however excess in quantity is neither requisite nor desirable. — The system which I have found most successfully to answer all these ends, is to commence with a moderate quantity and to increase it gradually according to circumstances. When once the water begins to act as an aperient, no inconvenience is experienced, it is therefore desirable that this effect should be produced as early as possible. — This as I have said is not to be done by inordinate quantity, which in most instances will occasion visceral derangement, but by combination, when we have reason to think that moderate doses will not be found to answer the purpose. — Thus for instance in the case of Wiesbaden — I usually order an

invalid to commence by drinking three 4 oz. Glasses, dissolving a tea spoonful of Carlsbad salts in the first glass, taking the other two pure, after an interval of ten minutes between each glass, — by pursuing this method for three or four days, four glasses of the water, or perhaps three, will be found to increase sufficiently the peristaltic motion of the Bowels. Obstinate cases of inaction may be overcome by taking the Kochbrunnen in combination with Pilnau water, at first, in equal proportions, and then by gradually decreasing the quantity of the latter. When once the water in its pure state is found to act as an aperient, it will continue to do so afterwards, unless the invalid should be guilty of imprudence in diet; towards the close of the course, the quantity may be decreased, for as the point of *Saturation* (of which I shall have to speak presently) is approached,

two glasses will often be found to produce a more sensibly aperient and diuretic effect than four did at the commencement.

Where combinations such as I have mentioned are indicated, the salts to be selected must bear some relation to those entering into the composition of the water. — Sulphate of Magnesia, or sulphate of Soda will be found to answer best with such water as Homburg, Kissingen and others of this class. With the chalybeate springs of Schwalbach, either Pilnau, the Ragozzi of Kissingen, the Elizabethen of Homburg, or the Kreutzbrunnen of Marienbad may be combined at the early part of the course with great advantage; indeed I scarcely ever venture now to order these waters without at the same time enjoining the necessity of adopting one or other of the adjuncts above mentioned. The proportion of Iron is thus decreased, that of Salts in solution in-

creased, — consequently, the mixture is more easily digested — the evacuations regulated, and the patient gradually prepared for the chalybeate in its undiluted form.

The best time for drinking the waters is early in the morning, after the body has been refreshed by sleep, and the stomach freed from all substances calculated to retard digestion; the morning is besides the coolest and most agreeable part of the day, and no one can doubt that early rising is conducive to health. Some invalids, from the nature of their disorder, are unable to drink the waters at the source; until sufficiently improved to enable them to do so, they ought to have, the water brought fresh from the source, as in many instances it will suffer by length of keeping, or exposure to the air. — No medicine unless ordered by the medical attendant ought

to be taken during a course of water — Dinner and anti-bilious pills as they are commonly called ought particularly to be avoided. —

The use or rather abuse of such drugs to which our countrymen are so notoriously addicted, is at all times detrimental to the enjoyment of health, but in conjunction with mineral waters, they are totally inadmissible; in some instances they neutralise the effect of the water, in all, they interfere with its action.

III. ON THE EXTERNAL USE OF MINERAL WATERS.

The external use of mineral waters in the form of Baths is, with few exceptions pursued simultaneously with the internal — and by many is deemed the more important part of the cure. — In the generality of cases both are indicated, and when taken in conjunction are undoubt-

edly calculated to produce a more powerfully sanative effect upon the system, than when taken separately.

The chief considerations with regard to the use of the Bath refer to the frequency of the act, and the Temperature at which it ought to be taken. — These must be regulated by the Physician in attendance.

In general it is advisable to bathe every day half an hour after drinking the last glass of water, and to remain in the Bath from twenty minutes to three quarters of an hour. The Thermal waters are cooled down to a temperature of about 95° or 96° fo Fah. or $26\frac{1}{2}^{\circ}$ to 27° of Reau.; the cold waters are heated to a nearly similar degree of temperature, these latter I should however recommend to be taken at as low a temperature as is consistent with comfort and convenience; for it must be apparent to all, that in the process required for heating,

the chemical character of the water must be greatly affected — the appearance of the *Baignoires* at Schwalbach is a sufficiently convincing proof of this fact. — Heat in the one instance is the element which unites and holds in intimate combination the Saline, Metallic, and Gaseous substances which enter into the composition of the water; — in the other, this is done by the agency of cold: — when therefore the caloric is expelled from the one, decomposition takes place, and when heat is applied to the other, the same result follows. I need scarcely add that a moderate degree of heat, such as is required to raise the water to a comfortable degree of warmth, will not be productive of this effect in so great a measure as that which must be employed in order to raise it to a temperature of 96° or 100°.

The varieties of Baths consist in those of the water in its natural state, or arti-

ficially heated — Vapour and Mud Baths, with the addition of Douches or machinery for directing the action of the water to any particular part of the Body.

A general vapour Bath, whether composed of mineral, or common water, is a decidedly more powerful remedy than a warm water Bath, and, although very beneficial in many cases of general practice, particularly in the early stage of diseases, occasioned by the sudden application of cold to the body; when if employed in time, the almost instantaneous and violent reaction which it occasions will be sufficient to overcome the morbid cause; still, like all powerful remedies, it is capable of producing much harm, more especially when composed of mineral water: it ought not therefore to be used without medical sanction, and never till towards the close of a course of bathing, and when there is little chance

of exciting inflammatory action. The local application of vapour to debilitated limbs, scrofulous swellings, anchylosed and contracted joints, is productive of much benefit.

I cannot agree with my friend Dr. Granville, much as I respect his opinion in other matters, in thinking that the virtues of the mud Baths are equal to those of the pool of Bethesda; — the one is at best a questionable remedy, the other was a miraculous interposition of Providence by means of one of His ministering Angels for the cure of His afflicted creatures — for who would not seek the mud Baths of St. Amand or Albano if by one immersion of his body, he was made whole of whatever disease he had!

I do not pretend to deny, that mud containing mineral substance in coadmixture may not when used in the form of a Bath be productive of benefit in disease, but I should think that few would

be induced to wallow in mire, who could find equal benefit in laving their limbs in a purer element.

The application of the Douche towards the close of a course of mineral water, is a very important part of the cure especially in Gouty and Rheumatic affections: its early and violent use is not unattended with risk, being calculated to superinduce inflammation in the parts to which it is applied. When the employment of the Douche is indicated, it will be sufficiently early to commence its use: after the eighth or tenth Bath; it ought to be administered in the Bath, at first for two or three minutes only, and not from too great a height if the *Douche descendante* be used, or with too much force if the lateral douche be ordered; — the time may afterwards be increased, or the patient be douched on alternate days only.

IV. ON THE MODE OF ACTION OF MINERAL WATERS.

In none of the German works on mineral waters which I have perused, have I found a satisfactory account of their *modus operandi* on the human system; — nor do I believe that any exists. — I neither pretend to supply this deficiency, nor indeed to attempt the task, but merely to state simply such observations as in the course of my experience I have been led to make upon the subject. — These not having reference to any particular water, must be considered as applying generally.

The effect of a mineral water upon the human system will depend not only upon its medicinal properties, but on its mode of application, whether internal, external, or both; much will also depend upon its temperature, and the length of time the use

of it is continued. When a mineral water is taken into the stomach, a certain portion is taken up by the lacteal vessels into the circulation, producing an alterative influence both upon the solids and fluids; another is absorbed by certain lymphatic vessels, and conducted to the Kidneys, stimulating their action and assisting nature in dissolving any morbid concretions which may exist, either in these organs or in the bladder, thus causing a diuretic, absorbent and solvent effect; — the remainder of the draught passes into the intestinal canal, increasing its peristaltic motion, dislodging morbid matter, relieving spasmodic contractions, neutralising acidity, and giving strength and energy to the parts; — these effects may be termed aperient, tonic and absorbent; — nor are such organs as the Stomach, Liver, and Pancreas unsusceptible of the direct influence thus caused; their secretions are

stimulated, congestions are removed, and schirrous enlargements disappear.

When mineral waters are employed externally, the immediate effect will depend upon the temperature of the Bath; when taken at 95° 96° or 97°, it acts directly and in a manner altogether incomprehensible to us on the nervous system; if pain and spasm be present, they are generally removed, the whole nervous system is soothed, a feeling of irritability gives place to a sense of comfort and cheerfulness and a gentle languor steals over the mind, which is succeeded by a sense of fatigue and desire for repose. — When however the temperature is increased, excitement is produced instead of tranquillity; the face becomes swoln, the skin red, head ache with violent throbbing of the temporal arteries is produced, and apoplexy may be the ultimate consequence. Besides these effects, the Bath at a mo-

derate temperature exerts an influence on the circulation, the skin, and the absorbent vessels. The frequency and force of the action of the heart are modified, as is sufficiently proved by the state of the pulse; the skin assumes a silky softness, apparent to the touch, and absorption or transudation takes place according to the heat and density of the fluid as well as the period of immersion.

The two latter effects being those which in most instances we are anxious to produce, as exerting a salutary influence on the human system in a state of disease, the temperature of the Bath must be regulated accordingly; — when however absorption is allowed to take place, transudation will be sure to follow, and may afterwards be encouraged to any degree deemed advisable.

I should therefore recommend the Bath to be taken at such a heat as to insure

the latter effect. The result of experiments made for the purpose of ascertaining the amount of mineralised matter absorbed under such circumstances proves, that from half a pound to a pound and a half is received into the system in a space of time not exceeding three quarters of an hour. The quantity, as well as quality, of such matter must greatly affect the state of the fluids even to such a degree that the urine, perspiration, and blood partake of its properties. Dr. de Carro, in his essay on the waters of Carlsbad, mentions, that the salts of these springs have been discovered in a crystalline form in the perspiration of those who have drunk the water. I see no reason to doubt the statement of the learned chevalier, for this effect is not more extraordinary than that sulphur, taken internally, should tarnish any article of silver carried about the person, or brought in contact with

the skin of those who have for some time employed this drug.

The first effect then of the external use of mineral water upon the human system is through the medium of absorption; — the second is by means of perspiration or transudation.

The state of the skin, whether as a primary cause, or as merely symptomatic of disease, demands at all times the best attention of a Physician, since its healthy action is as essential to the enjoyment of health as that of any other organ whatever. Its appearance in cutaneous disease, its peculiar dryness in affections of the mucous membranes, and many other varieties of that most extensive class of diseases known by the name of dyspepsia, are notorious. — If the common warm Bath exerts a beneficial influence over these symptoms, as is well known to be the case in exciting the action of the skin,

as well as improving the state of the internal organs with which the cutaneous disease may be connected, how much more must a mineral water Bath, in consequence of the profuse perspiration which it causes, form its action on the lymphatic system!

I have already mentioned the peculiar softness of the cuticle which is consequent upon the use of the Bath; this is succeeded by a gentle diaphoresis, which sometimes, and especially after the use of the Bath has been for some time continued, gives place to a more violent perspiration peculiar in its pungency of odour; thus relieving nature of superfluous or morbid matter, which had impeded or deranged her functions. When it is desirable to discourage perspiration, the patient ought, after coming out of the Bath, to wear a light robe de chambre and to recline for an hour, or an hour and a

half, on a couch or bed, — during which time a light breakfast may be served. — After the internal and external use of mineral waters has been pursued for some weeks, the patient not unfrequently complains of considerable constitutional derangement, accompanied with fever, irritability, and restlessness, and followed by excessive action of the skin, Kidneys or Bowels: — this is what German Physicians call the crisis or water fever, but which I think might be more aptly termed the point of *Saturation*. — The system is as it were charged with mineralised matter, and becomes affected, though differently, as when subjected to a mercurial course. The time required to produce such marked effects is uncertain; — the symptoms also vary according to the nature of the disease. — While some are affected as I have above stated, in others the fever and discomfort are relieved by Eruptions, Hemorrhoids,

or increased secretion of the mucous membrane of the organs of respiration. At this point the use of the waters must be discontinued, and the symptoms which may have alarmed the invalid, will gradually disappear without any medical treatment, save great care in diet and in incautious exposure to night or damp air. — The full benefit of the course will now be felt, — restlessness and depression will be succeeded by activity and cheerfulness, — the whole system will be invigorated, — the circulation equalised, — the skin moist, — the complexion clear and healthy, — impaired strength will be restored, and the patient will have every reason to consider himself a new creature.

V. ON EXERCISE AND DIET.

The restoration of health is, or ought to be, the great end of those who commence a course of mineral waters. Whatever

tends to retard or prevent the attainment of this object ought to be eschewed. — Whatever tends to promote it ought to be faithfully practised; — moderate exercise, cheerful society, and innocent amusements are powerful auxiliaries to the beneficial effects of mineral waters, and ought on no account to be neglected. — I have already mentioned the salutary custom of walking during the interval allowed to elapse between each glass; — I have also stated that the Bath ought to be taken half an hour after the last glass of water, and repose enjoined for an hour or two thereafter; — the remainder of the day may be passed in riding, driving, or walking, according to the taste and ability of the invalid.

Imprudence in exposing himself to the rays of the sun, or in taking exercise unsuited to his strength ought to be cautiously avoided; — the evening will in

general be found the most agreeable part of the day either for walking or driving, provided neither be continued after sun set. — Balls, concerts and operas, will be found at most Spas in the evening; — these will greatly contribute to relieve ennui, when the invalid possesses a sufficient measure of health to enjoy them. The seductions of the gaming table too are not wanting to allure the unwary, to entrap the young and the thoughtless; — this temptation, being as inimical to the restoration of health, as it possibly can be to the acquirement of wealth, had better be resisted by the water drinker as well as by the casual visitor. A compliance with the early hours adopted at the German Spas, is absolutely essential.—Ten o'clock is the usual hour for retiring, and unless the invalid follows this custom, he cannot possibly, without sacrificing a portion of the

time which ought to be devoted to rest, be sufficiently early at the source to complete his potations and ablutions by nine o'clock. — One o'clock is the favorite dinner hour at the German Spas; at many of those most frequented by foreigners however, there are table d'hôtes at four and even as late as five o'clock. Four o'clock will be found the most convenient and agreeable hour for this repast, and by adopting it, the necessity for eating a heavy supper will be superseded.

Temperance both in eating and drinking ought to be strictly observed, and the patient will do well not to deviate from the dietetic rules prescribed by his Physician.

In Dr. Granville's work on the Spas, there is a table showing the articles of food permitted and forbidden. For the benefit of those who do not possess this book, it may be stated, that the diet ought

to consist of plain soup, boiled or roast meat, game, or fowl; light puddings and stale bread.—Salted or smoked meat, highly seasoned dishes, every description of green vegetable and fruit ought to be avoided, as calculated to interfere with the action of the water.

I should say the best beverage during dinner is wine and water; the wines of the Moselle are preferable to the Rhenish, as being less heating and more diuretic in their properties; light Bordeaux or weak Sherry and water will be found to agree better with some than the wines of the country.

The aërated waters of Selters and Fachingen are from their peculiar piquancy of taste much relished by English visitors;—they ought not however to be drunk during a meal or when the stomach is full. The reason is obvious;—the gas becomes disengaged, inflates the stomach,

and weakens the digestive organs; — this effect will not be produced if taken in the evening, when either of them may supply the place of tea and be rendered more palatable by an addition of wine and sugar or even fresh milk.

CHAP. II.

OF GOUT.

Podagra, or Gout, has long been considered the opprobrium of our art. — An idea has gone abroad and seems to be generally received, that in this most painful malady a regular practitioner can render neither temporary nor effectual relief; hence it is, that numberless victims of the disease have fallen a sacrifice to the nostrums of quacks and empirics, whose remedies prove either ineffectual from their inertness or pernicious from their activity. There is no disease to which the human frame is subject in

which improper treatment is productive of more serious consequences, than Gout. Its action extends to the most vital organs: the heart, the brain, the stomach, and the liver are alike liable to be affected: the most direful inflictions are caused by mal-treatment. Palsy, Epilepsy and Gravel are not unfrequently produced; and thus a disease, which was simple in its origin, is made to run into forms in which the resources of our art prove of little avail, except to palliate acute suffering, to soothe and tranquillize the last moments of a fellow creature. It is not my intention to enter into a disquisition upon the various nostrums by which the public are daily duped. That some of them afford temporary relief cannot be doubted. — The effect of Colchicum in this respect is well known; but I could state numberless instances of the deleterious effects produced upon the constitutions of those

who have surrendered themselves to the use of this drug. Acute suffering is relieved, the paroxysm passes off: but is the disease overcome or eradicated? is constitutional plethora modified? is the cause known or unknown removed? Certainly not. A volume of gout is kept up in the system, and the blow is warded off for a season, but only to fall the more heavily. Decrepitude and premature old age rapidly succeed; or the unhappy votary of Charlatanism,—his nerves shaken, his constitution impaired, — falls a victim to some of the maladies already mentioned. The professional reader can call to mind many cases which will bear me out in this statement; and there are few general readers who will not be able, after a moment's reflection, to select such instances from the circle of their friends and acquaintances. My only object in these remarks is to guard the Public

against a system so pernicious to their constitutions as that, now so much more generally adopted in England than in any other country, of avoiding the systematic treatment of the profession, and yielding themselves the willing dupes of deceitful and confident pretenders.

It would be foreign to my purpose to enter into the history of Gout, or notice the innumerable theories which have been advanced to account for its phenomena, my object being to state the influence of mineral waters upon the disease in its chronic form. To avoid however the too common error of prescribing for a disease without regard to its peculiar condition, it will be necessary to notice the nosological varieties of regular, atonic, retrocedent, and misplaced Gout.

Regular Gout. In this form of the disease, by which is meant violent in-

flammation of one or more joints, causing acute pain, accompanied by fever and considerable functional derangement of the stomach and bowels, the use of mineral waters is entirely inadmissible. It is not an uncommon occurrence, but on the contrary the usual effect of many mineral waters and especially of those of Wiesbaden, to superinduce an attack of regular Gout not only in those who have been subject to the disease, but also in individuals who have a predisposition to the malady, whether hereditary or otherwise. When such is the case, experience has taught me the necessity of immediately discontinuing the use of the water.

I am aware that the physicians of the country adopt a different system, but having tried theirs, and found that it answered no purpose except to cause continued suffering, I can talk the more confidently of that which I now pursue.

When therefore a regular attack of Gout comes on from the use of the waters, I in general order the internal und external employment of them to be suspended; when however the inflammatory symptoms do not run high, and much constitutional derangement does not exist, the waters may be drunk with safety and advantage, in as much as their aperient properties will supersede the necessity of prescribing any other medicine, and time is gained by keeping the patient under the influence of the cure, which, after the inflammation subsides, he will be able to resume as at first.

Let it be remarked however that acute gout caused by the use of mineral water is very different from that spontaneously produced. All the symptoms are modified, the paroxysm is of shorter duration, the pain less acute, and there is less func-

tional derangement. But if under these circumstances the use of the waters be continued, unless the attack be very mild, all the symptoms are aggravated, fever increases, the patient suffers more acutely, and the cure becomes protracted. The following cases may serve to prove the truth of these statements.

Case I. The Rev. Dr. A——, who had been a martyr to gout for several years, and had tried without benefit the various preparations of Colchicum, was induced to try the effects of the waters of Wiesbaden in 1838. On his arrival he consulted a native physician, who ordered him the Bath at the usual temperature, together with the internal use of the waters. After the seventh or eighth Bath he was seized, as usually happens, with an attack of Gout; his medical attendant ordered him to continue the use of the

Baths, and to drink seven 4 oz: glasses of the Kochbrunnen every morning. The paroxysm, which was at first mild, greatly increased in severity after this treatment, until at length he was unable to take the Bath, continuing however to drink the water as formerly. After this treatment had been pursued for several days, and the Gout, instead of receding, appeared to increase in severity, he sent for me on the plea, that from his ignorance of the German language, he could not make himself intelligible to his medical attendant except through the medium of an interpreter.

I immediately ordered the use of the water to be discontinued, gave an aperient with a sedative in combination, and ordered a low diet. In the evening of the following day the Gout began to recede, and in four days thereafter it had so far subsided as to justify me in ord-

ering the Bath as well as the water, though in smaller quantities, to be resumed.

Dr. A—— completed his course of Baths, though not without another attack of Gout, which was caused by his own imprudence, but which gave way under the same treatment as that above stated. He returned to England, greatly improved in health, and continued free from Gout for an unusually long period after. — He has not again visited the Baths.

Case II. Sir B. C——, one of our most distinguished Physicians, visited the Baths of Wiesbaden in 1839. — His complaint was Gout, from which he had suffered for many years. Being desirous of making his acquaintance, I took the liberty of waiting upon him, and saw him frequently afterwards during his sejour. After the seventh or eighth Bath he was seized with Gout, and contrary to my

decidedly expressed opinion, treated it as he had been wont with Wilson's tincture. The paroxysm was arrested, and he recommenced the use of the Baths; but the consequence was, as I had predicted, that one attack quickly followed another: whereas had he employed no treatment whatever, the Gout would, as in other cases, have quickly subsided, and he could have gone through his course with comfort.

I must add however, that the learned Baronet has ever since enjoyed a respite from his old enemy, which has induced him to agree with me in considering Wiesbaden a specific in Gout.

These, out of many more cases which might be adduced, serve to show the inadmissibility of mineral waters in acute Gout, as well as the bad effects of Colchicum etc. in attacks caused by the use of the waters.

Atonic Gout. — This is the form of the disease in which mineral water may be employed with most success, and with the greatest certainty of proving efficacious. It is characterized by general debility, feeble attempts to generate a paroxysm, and great visceral derangement, chiefly gastric.

After one or more attacks of acute gout, when the system is enfeebled either from increasing age, intemperate living or hereditary gouty diathesis, great debility of stomach or some other internal parts, frequently accompanied with a deposit of chalk in the joints, with or without chronic inflammation, is not an unfrequent consequence. When such is the case, the symptoms are very variable. Nausea, vomiting, loss of appetite, eructations, with the other symptoms of dyspepsia and Hypochondriasis are the most frequent. — Sometimes palpitations, syn-

cope, and asthma are produced, and, in extreme cases, apoplectic and paralytic affections are the ultimate result.

When one or more of these symptoms are present, we frequently find the patient sensible of the agency by which they are caused, and longing for a regular attack of Gout to relieve him from more protracted suffering.

The remedial efficacy of the Thermal waters of Wiesbaden, Wildbad, Carlsbad, Gastein and Ems, in cases of this description, is often so powerful, as almost to justify the idea that there is something mysterious or miraculous in their agency.

There are cases too, peculiar in their nature, in which the aërated saline waters of Kissingen, Homburg and Marienbad may be employed with singular benefit. In our choice of the water we must be guided by the symptoms present, paying due regard to any peculiarities in the

constitution of the patient when pointed out either by himself or his medical advisers. The necessity of not overlooking this latter consideration I have found so essential in giving advice, that I should strongly recommend to all invalids coming abroad for the benefit or restoration of their health, to request their usual medical attendant to furnish them with the history of their case in writing, so as to guide the Physician whom they may be led to consult, in forming a correct judgment of the peculiar state of their malady at the time, and consequently of the means which ought to be adopted for its removal.

I have already mentioned the usual symptoms of Atonic Gout.—They may exist without any previous acute attack, although in general they are the consequence of repeated seizures. I have known cases, which were termed dyspepsia, in which the patient was tortured by every

variety of treatment which the ingenuity of the profession could suggest, relieved by the employment of a mineral water. One particularly striking I shall quote.

Case III. M. D., about 40. consulted me in August 1838, bringing a letter of introduction from a medical friend in London. He had been ordered to Ems, and was at the time I saw him drinking the waters of that spring, but without benefit. He had suffered for several years from symptoms which appeared to baffle his medical advisers. By one he had been treated for a complaint of the spine, by another the seat of his disease was supposed to be the kidneys; the general opinion however was that all his ailments arose from derangement of the gastric and nervous functions.

During the enumeration of the various symptoms under which he laboured, nausea, flying pains, loss of appetite, pro-

stration of strength, and depression of spirits, — I asked him whether amongst the variety of causes to which they had been referred, any one had hazarded the opinion that they might be the result of Gouty Diathesis. He said that an apothecary in the country, who had been long in the habit of attending his family, had expressed an opinion to that effect, in which neither he himself, nor the Physicians whom he subsequently consulted seemed inclined to agree. It was not therefore without evident signs of incredulity that he listened to my opinion, that Gout was the cause of all his ailments, and that the use of the Baths and water of Wiesbaden would prove the correctness of my assertion.

He was induced to follow my advice, and after the seventh or eighth Bath felt all his former symptoms relieved, but complained of a shooting pain in the ar-

tication of the great toe, and a consequent disinclination, not amounting however to an inability, to walk. On examining the part I found a slight tenderness accompanied with redness, but these appearances not justifying a suspension of the Bath, I ordered it to be continued; on the eleventh day all the symptoms had so much increased in violence as to amount to a regular paroxysm of Gout unaccompanied by excess either of fever or pain. The internal and external use of the water was now discontinued, and in a few days the Gout had so far receded as to enable Mr. D. to resume his course. Another seizure shortly succeeded, less severe than the preceding,—and before the conclusion of his course a third, still milder in its character. During the whole of this time Mr. D. was free from every other description of suffering.

The disease seemed, as it were, to

have expended its force, or to speak more correctly, the secretions and excretions of the body, which were in a vitiated state and produced a corresponding feebleness in organs imperfectly nourished, as well as a progressive decline of strength, were stimulated to a healthy action by the continued use of the waters. He left the Spa after a full course of Baths, free from suffering, though weakened by the treatment.

Such cases, though rarely to be met with in general practice, are not of unfrequent occurrence at the German Spas, and appear more to be the result of accident, than the anticipated effect of the water. Many invalids, without any definite complaint, except the usual symptoms of impaired digestion, are induced for the sake of recreation, to visit the romantic scenery of the Rhine, and its beautiful and picturesque neighbourhood, so graphically described by the old man of the Brunnens.

To test the correctness of many of the statements of this amusing author, forms the great delight of many travellers. Does the Kochbrunnen really taste like chicken broth? Do the bathers at Schwalbach contract a coating of rust? — and above all, are the waters of Schlangenbad a more powerful cosmetic than Rowland's Kalydor or Gowland's lotion? Let me assure the reader, that the comparisons of the old man are, if not correct, at least very happy; and let neither scepticism nor curiosity induce him to test their truth,—otherwise he may suffer for his temerity.

Case IV. Mr. E., a gentleman of about 45 years of age, called upon me one morning last summer; he appeared in perfect health, but said he had been delayed upon his journey in consequence of having taken a bath at Bad Ems

en passant, which had caused an inflammation in his foot to such a degree, that he could with difficulty walk from his Hotel. On examining the part I found it to be Gout, recommended him to relinquish his intended tour, return to Wiesbaden, and adopt the usual treatment preparatory to a course of the water. — He readily acceded to my proposal. The Gout receded gradually, and on the third day after I had first seen him, he commenced the waters. A slight accession of Gout was the immediate consequence, but he completed a short course with comfort and advantage.

Another very striking case of what may be called accidental Gout came under my notice in 1837.

Case V. Miss F. was induced to accompany an invalid friend to Wiesbaden; her health, though delicate, was not such as to require any decided treatment; but

prompted by curiosity or some other motive than medical advice, she tried the effects of the Bath. During a visit to her friend, who was under my care, I observed her arm in a sling, and on enquiring the cause, was told she was suffering from pain and inflammation in her hand. On examination I found it to be Gout, and prescribed the usual treatment.

In all these cases it is evident, that a Gouty Diathesis existed with dyspeptic symptoms, but without any regular attack of the disease, and that the water was the means of bringing it to a crisis.

The symptoms of Atonic Gout are, as I have already mentioned, usually the consequence of repeated seizures; and the benefit to be derived from mineral waters will be found to depend on the age, temperament and habits of the invalid. In selecting from my notes such cases of this description as I have re-

corded, I shall confine myself to those most decided in their character and most satisfactory in their result.

Case VI. One of the most marked instances of the efficacy of mineral water in Atonic Gout is that of Mr. G. H——, whose friendship and acquaintance I have enjoyed for nearly seven years, — aged about 60, of a Herculean frame, and possessed of a most powerful constitution. Mr. G. has suffered from an early age from the most violent attacks of Gout, losing the entire use of his limbs, so as to confine him to his bed or his apartment for eighteen successive months.

After repeated attacks, such as I have described, he was advised, in passing through Wiesbaden in the year 1829, to try the effect of the water, and ignorant of the power of the remedy, at that time little understood, he prolonged his stay to the unusually lengthened period of three

months, during the whole of which time he took the Baths, except when interrupted by an accession of Gout. His perseverance, though not in all instances advisable, was followed by the most perfect success. He soon parted with his crutches, was enabled again to enter into society, of which he has always been so distinguished and amusing a member, and continued free from what he calls his great visitations till the year 1836. In the autumn of this year one of his accustomed seizures was superinduced by violent bodily exertion, and in consequence of his plethoric habit his sufferings were most acute. One limb was attacked after another, and notwithstanding all the resources of the art, a succession of paroxysms continued till the summer of 1837, when the disease left him so debilitated in bodily strength, as to preclude the possibility of his removal to Wiesbaden.

Early in 1838 however, at the solicitation of his friends, he was prevailed upon once more to try a remedy from which he had derived such singular advantage. He was at this period suffering a good deal from gastric derangement, but able to walk with the assistance of crutches. Soon after his arrival he commenced the use of the waters both internally and externally, and the improvement, though at first slow, became rapid towards the end of the course. — After the tenth Bath he was able to walk with the assistance of a walking stick; after the sixteenth an eruption came out over his hands, arms and legs, which was productive of great relief. He now began to regain strength and, to a certain extent, elasticity in his limbs, and after 25 Baths every symptom of Gout disappeared: the use of his limbs was restored, and the general health reestablished. Mr. G. H.

has ever since continued to make Wiesbaden his residence, and although repeatedly threatened with a return of Gout, he has had no paroxysm since 1838. He continued notwithstanding to bathe regularly during the season, and even in the winter, on the appearance of any unpleasant symptoms, derives immediate benefit from the use of the waters.

Case VII. M. J., aged between 30—40, visited the Baths of Wiesbaden in the summer of 1838. Though not his medical attendant, his case appeared so interesting from witnessing the almost incredible improvement produced by the use of even a few Baths, that on making his acquaintance, I requested him to communicate the details.

So completely were his powers of locomotion suspended, that on commencing his course he was literally carried from his bed to his Bath; but a very few days

sufficed to shew that the recommendation of his friend the Marquis of A. was likely to be attended with the most beneficial results. He was soon able to walk with the assistance of crutches, and to afford us the pleasure of his company at table d'hôte; the crutches however he soon laid aside, and in three weeks after his arrival was able to enjoy moderate exercise on foot in the open air, a slight lameness being the only remaining sign of his former lamentable decrepitude. He continued the use of the waters till late in the season, and spent the ensuing winter in Italy. On his return to Wiesbaden early in the summer of 1839, he told me that he had not had a single symptom of Gout during his absence; his limbs had continued to gain strength, the deposit of chalk in the joints of his fingers, which had existed to a very great extent, had considerably diminished,

and his general health was entirely re-established. After a short course of the waters he returned home perfectly restored in health.

Retrocedent and Misplaced Gout. —

Gout has been called retrocedent, when the sudden subsidence of the gouty inflammation has been followed by a sudden affection in some internal part or function. Such affection is no doubt liable to occur, when any species of inflammation is suddenly repelled without adequate relief being afforded to the constitution.

Misplaced gout means any incidental disease occurring in a gouty subject. There seems to be little distinction between the two, and the employment of the terms, though objectionable, has continued so long, that an attempt to substitute others might be considered presumptuous.

When Gout has once attacked any internal organ, it is apt to do so again on a recurrence of the malady, or from trivial causes. Persons liable to such affections ought to be very cautious in the use of the Thermal waters, which have an unquestionable tendency to drive the disease to the organ formerly attacked. Thus we frequently hear of apoplexy being produced in the Bath, and affections of the heart, lungs, and stomach, are not unusually symptoms, when the waters are said to disagree.

When any such untoward events are to be dreaded, I should recommend in the first instance a course of the saline aërated waters of Kissingen or Homburg, to be followed according to circumstances by the use of the Thermal water of Wiesbaden, Carlsbad, or Töplitz.

The following cases will appear a sufficient cause for forming such an opinion.

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Case VIII. Lord K. L. was ordered a course of the Wiesbaden water in 1837 by a physician of eminence on the Rhine. Gout was hereditary in his family, and he had suffered considerably during the fatiguing campaigns of the last war, in which he acted a conspicuous and distinguished part.

For three years previous to the period I have mentioned he had been free from gout, but a painful affection of the heart, which caused him great uneasiness and anxiety had succeeded. This came on periodically, and was preceded by indigestion, flying pains, and attempts to generate a paroxysm. In this state he commenced the use of the waters. Violent pain in the region of the heart, attended with difficulty of breathing was the immediate consequence, and on continuing the Baths these unpleasant symptoms increased so much in violence as to render a

discontinuance of the course absolutely necessary.

These particulars were communicated to me in 1838, when his Lordship became my patient. I found that the affection of the heart was entirely dependant on Gouty Diathesis. When symptoms of Gout were not present the action of this organ was unimpeded, and his Lordship enjoyed tolerable health; as soon however as these manifested themselves, the same uneasy feeling returned. In March of this year it reached so alarming an extent as to oblige me to adopt the usual treatment in inflammatory disease:—his Lordship was bled and blistered.—This was followed by immediate relief, and the following day, instead of the usual pain in the region of the pericardium, I was rejoiced to find that the Gout had gone back to its old position in the ball of the foot. During the existence of the paroxysm,

and for some time after, the heart continued free from pain; but on the slightest recurrence of Gout it was again affected until the foot became inflamed.

Various systems of treatment had been adopted in the case; colchicum had been freely administered, counter irritation had been employed for months, a dietetic regimen had been prescribed and adhered to, and purgative and aperient medicines in the usual forms of pills and black draughts had not been omitted. Yet none of these had produced any beneficial result, but on the contrary had reduced the strength and weakened the constitution of the patient.

Under these circumstances, in the month of April I ordered the waters of Homburg to be taken in bottle, and finding that they agreed, I recommended his removal to Kissingen as soon as the season of the year permitted. He took the wa-

ters of the Ragozzi without producing any symptom similar to what he had experienced at Wiesbaden; his digestive organs were strengthened, and all the functions stimulated to a healthy action. His Lordship on my recommendation spent the following winter in Italy, and so far as I am aware continues to enjoy tolerable health.

Case IX. Mrs. M. nearly lost her life in 1840 in consequence of taking the Baths at Wiesbaden. She had early in life suffered from Gout, but latterly from a painful affection and giddiness in the head, resulting no doubt from the same cause. So alarming were the symptoms caused in her by the Baths, that had they been continued, there is little doubt but apoplexy would soon have been produced.

CHAP. III.

OF RHEUMATISM.

It has long been customary to denominate as Rheumatism any chronic pain, the nature of which is obscure, or to which no specific character can be assigned. Hence arises the difficulty of defining, without employing technical language, a disease, from which according to popular prejudice almost every one has suffered at some period of his life.

Rheumatism has been divided into Acute and Chronic. The one is usually, though not always, the precursor of the other, and is characterized by acute pain and

local inflammation in the joints; the pain gradually goes off, while the inflammation sometimes remains, and unless properly treated merges into the chronic form.

The use of mineral waters in acute Rheumatism is as inadmissible as in acute Gout, their action however in the chronic form of the disease, is attended with great efficacy. Chronic Rheumatism may be either a consequence, or termination, of the acute, or it may be spontaneous or independent of it. It is usually confined to the joints, causing acute pain in the shoulders; knees, wrists, and other articulations, which, continuing for a time, leaves the parts it occupied weak, rigid and in many instances aedematous. It frequently however shifts its position, and sometimes seizes on the vital organs, as the heart, the membranes of the Brain, etc. In this state the disease is called chronic, though attended with decidedly inflamm-

atory action, and a corresponding accession of fever; it is not however until these have disappeared, that the term according to its proper signification can be used with propriety, or mineral waters employed with advantage.

When therefore "there is no degree of fever remaining, when the pained joints are without redness, when they are cold and stiff, when they cannot easily be made to sweat, or when, while a free and warm sweat is brought out over the rest of the body, it is only clammy and cold on the joints, and especially when the pains of these joints are increased by the application of cold and relieved by that of heat, the case is to be considered as one of purely chronic Rheumatism", and the sufferer is in a condition to be benefited by the use of mineral waters. The Spas most prompt and decided in their effects

on Rheumatism are those of Wiesbaden, Carlsbad, and Töplitz.

I am inclined to give the preference to the former, as I have known it exert a sanative efficacy in cases where the others had failed. At Carlsbad the baignoires are so small and inconvenient, as to preclude the possibility of stretching, and otherwise exercising the limbs affected, in the bath, an essential part of the treatment.

The internal use of the waters also will be found too powerful in a majority of cases of chronic Rheumatism. The Baths of Töplitz on the other hand are apt to excite the skin to a degree not desirable unless the patient have strength of constitution to bear it. None of these objections apply to Wiesbaden; the Baignoires are sufficiently commodious, and all the arrangements well suited to rheumatic patients. The Bath does not af-

fect the skin too violently, and the internal use of the waters will be found sufficient to regulate the bowels and correct any functional derangement that may exist.

Case X. Mr. N. aged about 50, became a patient of mine at Wiesbaden in the summer of 1839. In the course of the preceding spring he had suffered severely from an attack of acute Rheumatism; a chronic affection had succeeded, and at the period of his arrival the joints of the fingers and ankles were greatly affected: the former to such a degree that he could scarcely hold a stick in his hand, and the state of the latter almost prevented his walking. The joints were œdematous and slightly red, which induced me to recommend caution, in commencing the use of the baths. I also ordered the waters to be taken internally. Mr. N. being much troubled with symptoms

of indigestion, as flatulency, acidity, and nausea especially in the morning.

At first the redness in the joints increased, but not to such an extent as to indicate inflammatory action, which was to be dreaded so recently after an acute seizure; the baths therefore were not suspended, and after a very few days signs of improvement became evident. The swelling and pain in the ankle joints began to decrease, and continued to do so gradually till the close of the course. The application of the Douche after the first week was attended with great benefit, the joints of the fingers, which were stiff and swollen, became flexible, and immediately after coming out of the bath the use of them seemed restored.

After 25 baths Mr. N. was able to substitute leather for cloth boots, and to enjoy prolonged exercise on foot. I should have strongly recommended a second

course of the baths in this case, had not Mr. N. been obliged to remove to Homburg with a member of his family for whom I had ordered the waters of that place.

Finding that he still laboured under general relaxation and debility of system, I advised him, after a short interval, to drink the water of the Elizabethen-Brunnen and to use the saline baths on alternate days. This was productive of singular benefit: the improvement in the limbs progressed, the digestive organs were strengthened, and the whole system invigorated. Mr. N., after a short tour in Italy, returned to England, able to enjoy his accustomed exercise and field sports. In the spring of 1840, probably in consequence of the dampness of the climate, he began to suffer from a return of his old complaint, which made him determine to try once more the effect of the German Spas.

I had the pleasure of meeting him in London in the month of May, when he told me that he had consulted the highest authority on the subject of mineral waters, and had been recommended Carlsbad, whither he intended going as soon as he could complete his arrangements. I differed from the opinion of my learned confrère, and urged the great benefit he had derived from Wiesbaden as a sufficient reason for returning to it; he had however made up his mind, entertaining a notion that the internal use of Carlsbad, from being a stronger water, would exert a more powerful influence on the state of his stomach, upon the disordered condition of which organ the rheumatic affection seemed in a great measure dependent.

In the month of June he set out for Carlsbad, and, being detained for some time at Frankfort, I had frequent opportunities of seeing him and of endeavour-

ing to change his resolution, but without effect. I saw him again on his return, when he expressed great disappointment at the result of his journey, and freely acknowledged his regret that he had not followed my advice, assuring me at the same time that he had fully made up his mind to return to Wiesbaden, next summer. The internal use of Carlsbad water had certainly been productive of benefit, but not to the extent anticipated. From the baths Mr. N. said he derived no sort of advantage, the baignoires were too small, and the arrangements extremely inconvenient.

Case XI. Miss A., a young lady of about 22, had suffered from the age of 17 from a Rheumatic affection of the right leg, extending from the knee to the hip joint. She had been attended by a physician and surgeon of eminence in London as well as by practitioners of re-

putation in the country, who, having tried every system of treatment, at last recommended her removal to Wiesbaden in 1840.

I saw her on her arrival; she could not stand on her right leg, much less use it; the knee joint was swollen and the limb from contraction of the muscles, was shorter than the other. The joints of the fingers were also affected, stiff, and œdematous. All these symptoms indicated a chronic state of disease, the patient nevertheless suffered severely at times from acute Rheumatism. It may be also proper to mention that there was great torpidity of the bowels so as to occasion the almost constant use of drastic purgatives. After administering some medicine and enjoining rest for some days after the journey, I ordered the waters in the usual manner along with the Bath. When she had taken 8 or 9 Baths, I recommended the application of the Douche to

the knee joint, the use of it however was followed by acute pain in the part, and fearing lest this should amount to inflammatory action, I ordered that for a time it should be discontinued. After the 10th bath the waters seemed to affect the system; the complexion put on a more healthy appearance, the swelling in the fingers decreased, and the use of the limb became partially restored. The Douche was now resumed, and after the 25th bath she was able to stand on the right leg and to walk a little with assistance. In this state she left the Spa late in the season to spend the winter, as recommended, in Italy, and with the intention of returning early next summer.

This, as it will be observed, was a case of long standing, and it could scarcely have been expected that greater improvement could have resulted from using the Baths for so short a period. The

immediate effect seems to have been to stay the progress of the disease, and I have little doubt that if the young lady perseveres in the treatment, the malady will be so far overcome as to leave no trace behind, except a slight lameness.

There is another form of Rheumatism, which ought to be noticed, from the effect produced on it by mineral water, viz. that which is commonly known by the name of Rheumatic Gout—a term sufficiently expressive, as it is in truth a Hybrid malady in which the elements of both diseases seem to exist. Its commencement is usually marked by active fever, and in proportion as this is disregarded or inadequately treated are the subsequent ravages of the disease. In some however it advances by a slow and insidious process, but in both cases the ultimate symptoms are the same, par-

taking equally in their character of Rheumatism and of Gout.

The chief feature is an enlargement of the joints, retaining for a length of time the character of active inflammation, being hot, red and painful, thus resembling Gout. These enlarged joints gradually increase in size, lose their red appearance, become stiff and inflexible with occasional shooting pains, like chronic Rheumatism. In extreme cases of long standing the structure of the joints is completely disorganised, the powers of locomotion entirely suspended, and the unhappy sufferer becomes an almost hopeless cripple.

From a number of cases of this disease which I have seen treated in its various stages by mineral water, I select the following.

Case XII. The Rev. Mr. P. aged 45, had suffered from Rheumatic Gout for

eight or nine years, the symptoms gradually increasing in violence. In 1837 I had the pleasure of making his acquaintance in England and recommended to his serious consideration the benefit which was to be derived in such cases from the waters of Wiesbaden. In 1839 I met him at the Spa; the period of two years, which had elapsed since I had seen him, had effected a great change in his appearance, more especially in the increased enlargement of the joints and consequent inability to walk.

He commenced the Baths early in June, and allowing short intervals to elapse between each course, he continued them till the month of September. For the first three weeks no improvement was discernible; he suffered an accession of pain in the joints, which became red and tender to the touch; the bowels and stomach also became disordered, as indicated

by a foul tongue and feverish and sleepless nights. After the fourth week however these symptoms began to disappear, the swelling in the joints decreased, and the use of them was partially restored. He was now able to walk greater distances without pain, and the joints of the fingers and toes, which had been very much enlarged, put on a more natural appearance.

This improvement continued till Mr. P. left the Spa, he was then in the enjoyment of excellent health, and although the use of his limbs was not completely restored, he had derived a greater measure of advantage than under the circumstances could have been reasonably expected. Had the same treatment been employed a few years earlier, there is little doubt but complete restoration would have been the result.

Case XIII. The case of the Comte de Q. is similar to the above, with this dif-

ference however, that the remedy was applied earlier, and the result perfectly successful. An officer in the Garde du Corps of Charles X., the Comte, aged about 25, had suffered great mental and bodily fatigue in effecting his escape from Paris after the revolution of 1830. An attack of fever was the consequence, which was followed, from incautious exposure to cold, by pains in the joints, succeeded by enlargements indicating a mixture of Gout and Rheumatism; these symptoms increased in violence, till he was induced in 1837 to try the effects of Wiesbaden.

The action of the water was almost miraculous the Comte, who arrived on crutches in the month of June, left in October without even a symptom of lameness.

In many cases of Rheumatism attended with general debility, a course of baths composed of the saline waters of Hom-

burg or the Chalybeate springs of Schwalbach may be employed with great success after the Thermal Baths of Wiesbaden.

When cutaneous affections exist together with Rheumatism, the waters of Aix la Chapelle will be found preferable to Wiesbaden; and should much nervous irritability exist, the patient will derive great relief from the soothing Baths of Wilbad so highly recommended by my friend Dr. Granville.

CHAP. IV.

OF PARALYTIC AND NEURALGIC AFFECTIONS.

Paralysis signifies the abolition of voluntary motion or sensation, or both in certain parts of the body. It may be partial or confined to a certain muscle or set of muscles; it may affect one side of the body, and sometimes the trunk transversely, leaving one of the extremities powerless. When the whole body is attacked, it is called general Paralysis. It is sometimes the result of apoplexy, and in that case proves very difficult of cure; more usually however it is caused by compression of the brain, impaired nervous energy, determination of fluids

to the head in consequence of some suppressed evacuation, injuries occasioning pressure on the brain, spinal column or nerves, and not unfrequently by the agency of certain poisons in their manufacture for commerce or art; the effect of lead in this respect is well known.

In cases of general or transverse paralysis, or in affections caused by the determination of fluids to the head little benefit need be expected from the agency of mineral waters, when however the affection is partial or even extends to one side of the body, when it is the result of accident, or occasioned by the suppression of certain evacuations, which the use of the water may restore—and more especially when caused by any mineral poison, great benefit may be derived from the judicious and timely use of many mineral springs. I should instance particularly those of Wildbad, Wiesbaden and Gastein.

Case XIV. Mr. R., aged 30, met with a serious accident in 1837. In clearing a hurdle whilst hunting he fell upon his back, was taken up insensible, and for some time slight hopes were entertained of his ultimate recovery, but with care and judicious treatment the immediate symptoms of danger were overcome. It was however found that one side of the body was paralysed, occasioned, as there was every reason to suppose, by concussion of the spine. After submitting to the usual treatment in such cases he was recommended the waters of Wiesbaden, and became my patient there in 1838.

His speech was much affected, and the loss of power in the side, though not such as to prevent his walking, was very apparent. He commenced the baths with the use of the douche, and after the second week the affected side became more sensitive, especially when in the bath

and for some time after coming out. At this period likewise the articulation began to improve, and the use of the limb appeared in some measure restored. At the end of five weeks Mr. R. had derived very apparent benefit, and being anxious to travel, I recommended a tour in the Tyrol and a course of the Baths at Gastein. I did not again see him till the autumn of 1839, when I had the pleasure of meeting him at dinner so changed in appearance that I did not at first recognise him.

He told me he had just left Gastein, and was on his way to England "from which", said he, "you may infer how much I was benefited in the first instance by your advice". He was indeed benefited, for, from his present appearance, I could scarcely have believed that he had ever been affected with Paralysis.

Case XV. Capt. S. had a paralytic seizure of the right side consequent upon

a violent Rheumatic attack, occasioned by getting wet while enjoying the sport of angling. Aged about 42, very lame, but without any impediment in his articulation, he commenced the Baths of Wiesbaden in 1839. The effect was much the same as in the case of Mr. R. At first little or no improvement was discernible, but after the third week the side affected became more sensitive, and the lameness less apparent.

A second course of the baths was productive of very decided benefit, and after seven weeks sojourn he left the Spa to join his Regiment, being perfectly fit for military duty.

Case XVI. Mrs. T., aged about 60, consulted me in 1838. She had been visited with severe family affliction to which she attributed her present state of health. After suffering for some months from great depression of spirits and excessive ner-

vous irritability, she was seized with paralysis of the right cheek and arm, very apparent in the former, which was considerably distorted, though not in the latter in which the feeling merely amounted to a sleepy numbness. Being much debilitated and in a very unfit state for active remedies of any description, I recommended the Baths of Wildbad, requesting her at the same time to let me know the result.

On her return she was good enough to send for me, when I found that the feeling of numbness in her arm had completely disappeared, and the affection of the right cheek was less perceptible; her general appearance was also much changed, indicating an accession of health and spirits. The effect of the Bath she described as soothing and tranquillizing in the extreme, producing a feeling of quiescence by day, and ensuring refreshing sleep by night.

I have little doubt that in this case the use of the Baths has retarded if it has not entirely stopped the progress of the disease. The Paralysis was partial and incipient, and the whole condition of the Patient indicated the extreme probability of a more general affliction.

Neuralgia, or as it is commonly called *Tic Doloureux*, is a painful affection of a nerve or any set of nerves. The exquisite suffering endured by those who are afflicted with this disease, the peculiar nature of the pain, its sudden return without any warning, on the sudden recurrence of peculiar causes, as motion, pressure, cold, the act of mastication and swallowing etc. distinctly mark its character and preclude the possibility of confounding it with any other malady.

The uncertainty of the various remedial means which have hitherto been employed in the treatment of this excruciating af-

fection, is much to be lamented; dividing the nerve, the employment of counter irritants in the form of blisters, sinapisms & moxas, the use of the strongest anodynes and narcotics, as the salts of morphia and belladonna, and lastly the exhibition of tonics, iron and quinine, have all been productive of benefit in particular cases, while in others they have completely failed.

The disciples of the famous Hahnemann have asserted with an infinitesimal degree of arrogance, that in the cure of *Tic*, their system is unerring. I have had better opportunities than most of watching the progress and effects of this most irrational of all systems of charlatanism, and in no instance have I known it afford relief. In the course of the last six months I have had five patients who were induced to abandon their usual medical attendant, and have recourse to infinitesimal doses.

Some luckily discovered their mistake e'er it was too late, and all agreed in the inefficiency of the system. But with regard to *Tic Douloureux* the case of a noble and distinguished marquis, who has had the privilege of being attended by the Father of Homeopathy, proves the falsity of their assertions and the absurdity of their principles. The treatment of Neuralgia by mineral waters is attended with the same uncertainty as is the use of pharmaceutical remedies, arising in a great measure from the great difficulty in selecting the water likely to exert the greatest influence on the disease. In some cases the use of mineral waters Baths would seem to aggravate the sufferings of the patient, instead of affording him that relief he was led to expect.

I treated a case of this description in 1837—1838; the patient was a lady, and the nerves affected were those of the

lumbar region; she had suffered excruciating pain for several years, and had been subjected to every species of treatment likely to give relief. At length she was ordered to Schwalbach, and put herself under the care of the renowned Dr. Fenner von Fenneberg, who assured her with his accustomed eloquence, that a course of the Baths added to a goodly allowance of his favourite Paulinen-Brunnen, would effect a permanent cure. I could never hear whether “the chevalier *de l’aigle rouge*” was disappointed at the result: habit however may have reconciled him to the frequency of such occurrences; the Lady certainly was: for notwithstanding the persuasive manner of the Inspecteur des Eaux which few of his patients are able to resist, she was compelled to abandon the cure, the paroxysms having become more frequent, the pain more acute, and her general health appearing to suffer.

I treated this case the whole of the following winter. Counter irritation, tonics and narcotics were successively tried, and appeared to afford temporary though not permanent relief. The Moxa was the only means which had not been attempted; this, though often proposed, was always resisted, the patient being desirous in the first instance to try the effects of Wiesbaden, which she did early in 1838. She persevered in the use of the Baths for nearly three weeks without deriving the slightest benefit. I again proposed the Moxa, and to my surprise she consented. The result was a complete cure, and up to Nov. 1840 she has had no return of pain.

That cases of Neuralgia have been cured by the use of mineral water baths cannot be denied. One treated by Dr. Peez and quoted by Dr. Granville is very striking, and another which fell under

my own observation, will I think prove interesting.

Case XVI. Dr. T. an army surgeon, aged 30, lost his health whilst engaged on duty in the Ionian Islands, and was obliged to come home on sick leave in 1839. In the summer of the same year I had the pleasure of making his acquaintance at Wiesbaden. His appearance indicated extreme suffering, as marked by great emaciation of body, unhealthy colour and depression of spirits. He told me that he suffered exquisite pain in the shoulder and armpit, and that, although his complaint was pronounced to be liver, he had no doubt that his sufferings arose from a neuralgic affection of the nerves of the *Axilla*, in which opinion I entirely concurred.

He commenced both bathing and drinking the water, but with very little hope of ultimate benefit. At first there was

scarcely any perceptible difference either in the acuteness or frequency of the pain, and it was not till the third week that he perceived that the intervals between the paroxysms became longer in duration. From this period rapid improvement ensued; his arm, which he was obliged to carry in a sling when he arrived, he could now use without inconvenience, and though still emaciated, his appearance became healthy, and when after two months residence he left the Spa, he was free from suffering.

Dr. T. spent the winter in Italy, and on his return to England last spring, took a course of baths *en passant*. He again visited Wiesbaden in the month of August, and although he had had no return of *Tic*, and was in perfect health, thought it prudent to use the baths a third time as a preventive.

From these two cases then, it appears that mineral waters cannot be employed in *Neuralgia* with any greater certainty of success than the usual means adopted in general practice. When these fail however, I should recommend strongly to those afflicted with the disease to make trial of some of the German Spas; Wiesbaden in the first instance, followed by a course of the Chalybeate Baths of Schwalbach, will be most likely to give relief. But should the patient be feeble and aged, the Baths of Wildbad, with the internal use of some saline aërated water containing Iron, will be found preferable.

CHAP. V.

OF DISEASES OF THE LIVER AND BILIARY ORGANS.

The common error of ascribing to Bile almost every disorder of the stomach & bowels, arises from the imperfect knowledge which the generality of readers entertain of the important place which the Liver occupies in the animal economy, and the nature and uses of the fluid to which so many diseases are ascribed. The functions of this organ however are extremely simple, and easily understood.

The Liver is the largest gland in the human body, and is intended for the se-

cretion of Bile. The material furnished for this purpose is venous blood, which is conveyed to it by means of the vena portae; this latter is formed by the concurrence of all the veins of the abdominal viscera, which gather together and form one large trunk, which instead of carrying the blood to the lungs to be again fitted for circulating through the body, conveys it to the Liver which converts it into Bile. This fluid, which is of a yellowish green colour, greasy feel, bitter taste and peculiar smell, is especially necessary to healthy digestion, and the formation of chyle, into which the food is changed after passing out of the stomach into the next portion of the intestines. It is also necessary to promote the proper action of the intestines, and to assist them in evacuating their contents at proper intervals. Any disease therefore in the gland itself, any congestion of the veins

which supply it with blood, causing an irregularity in the secretion of bile, or any obstruction in the ducts through which the fluid passes into the intestines, must exercise a great influence on the human frame.

Besides acute and chronic inflammation the Liver is subject to induration and tumefaction, frequently causing Dropsy, and sluggishness of action often caused by congestion of the vena portae. When such is the case the biliary organs are of course influenced, the bile becomes deficient in quantity, producing indigestion and torpidity of the bowels. Sometimes the Liver may be in a healthy state and able to secrete the proper quantity of bile; but the fluid, from obstruction in the canals through which it passes, may not be able to get into the intestines; in such cases it is taken up by the absorbents into the blood, producing the disease called Jaun-

dice. These obstructions may be occasioned by biliary calculi or concretions, which form in the gall bladder, and pass into the ducts or passages communicating with the intestines.

Chronic affections of the Liver, or as they are usually termed Liver complaints, may like most other chronic ailments be the result of the acute form of the disease; they are however most frequently caused by residence in a tropical climate, intermittent fever, gastro-intestinal inflammation, the abuse of spirituous liquors, and preserve a slow insidious character. In a work like the present it would be impossible to enter into a description of all the varieties of Chronic Hepatitis. The usual symptoms are pain in the right shoulder, distention and oppression in the region of the Liver, bitter taste in the mouth, sallow appearance of the countenance, elevation

of the shoulders, and wasted state of the body.

When there is reason to apprehend any inflammatory action, the use of mineral waters may prove a dangerous remedy. A case corroborative of this, in which the patient nearly lost his life, occurred at Wiesbaden last summer.

Case XVIII. Mr. U. had resided in India for nearly 20 years, during which time he had suffered from repeated attacks of Liver. In 1839 he returned to England, and having experienced some unpleasant symptoms, he consulted a physician in London, who recommended to him to try the effect of the German Spas, not specifying however any particular spring. Following the usual route he arrived at Wiesbaden in the month of July. Pleased with the appearance of the town and struck with the number of people who assembled every morning

to drink the Kochbrunnen, he fancied like many others that if he was to be cured by waters, one apparently so powerful had every chance of being successful. Accordingly, having seen a physician and learned the usual routine of bathing and drinking, he forthwith commenced the cure.

About a fortnight after I saw Mr. U. with the physician whom he had consulted, and found him reclining on a couch greatly attenuated in strength, his countenance sallow, his breathing hurried and difficult, the liver greatly enlarged and very tender. These symptoms commenced soon after he had begun to take the waters, and as the use of them had not been suspended, they progressed in violence, until at length they were calculated to excite considerable alarm. The inflammatory action was overcome by the usual remedies, and Mr. U. recovered very slowly. As soon as he was at all

able to travel I recommended to him to return to England and to eschew for the future all mineral waters. I have little doubt, had the proper remedies been delayed much longer, he, from the weak state in which I found him, would have sunk very rapidly.

In most cases of enlargement, tumefaction, or inaction of the Liver, mineral waters may be used with great advantage. Carlsbad has long been famous for its beneficial influence in such cases. The chevalier de Carro, a high authority on such subjects, in his "Essay on the mineral waters of Carlsbad", gives the following interesting case.

Case XVIII. "An English lady, four and twenty years of age, the last of a family swept off by consumption, had enjoyed good health, till she married in her seventeenth year. After her first confinement with puerperal fever in 1821,

she lingered fifteen months. The existence of gall stones being suspected, she was sent to Cheltenham, whose saline waters brought on a miscarriage at Carlsbad (we never allow pregnant women to drink) followed by an excessive weakness, which yielded to proper regimen on the sea side. In 1823 she was happily delivered of a third child, which she lost, ten months old, whilst again pregnant of another, still alive and healthy. Her husband having been suddenly called to sea, she lived in continual anxiety, and was siezed with a fever that alarmed her physician, because the delivery was approaching, which however was easy and regular but followed by an inflammation of the bowels and liver. She was twice bled, twelve ounces each time and leeches were applied to her temples on account of violent headache. Some milk is said to have been seen swimming in the blood

drawn from her, and since that time she always lingered. A second inflammation of the liver was also subdued by copious blood letting. She tried again successfully the sea side. Pains in the liver and the head, with a violent fever, returned in 1826, and after a convalescence of two months she had an inflammation of the lungs, for which in less than 24 hours she was twice bled *ad deliquium animi* to the enormous quantity of twenty two and of eighteen ounces, besides innumerable leeches, blisters etc.

In October 1825 her husband returned to England from the West Indies. They went to Pisa, Leghorn and Rome, where she became daily worse, affected with pulmonary symptoms, night sweats, fever, excessive weakness etc., so that her life was despaired of. A gentleman coming from Carlsbad, whose waters he had drunk under my direction for various ailments

subsequent to the yellow fever he had undergone at Antigua, advised that lady, though no medical man, to make haste for Carlsbad, quoting his own case, quite different from hers.

On her arrival (27th June 1827) finding in her almost every symptom of hectic fever, cough, excessive weakness, absolute impossibility of standing on her legs, still less of walking, I could not allow her to try the waters, her last hope. I begged of her to wait for a fortnight, to allow me to observe her daily, and I advised her goat milk. The pulmonary symptoms were so much relieved, that after the stipulated time I allowed her to try the waters, beginning with two beakers, which I increased without any inconvenience to eight daily. The improvement was gradual, and indeed wonderful. She lost her cough, got some *enbonpoint*, and recovered strength enough to take long

walks, an airing in a carriage or on a donkey; her good humour returned; in one word, her recovery, from the moment she experienced the deobstruent effects of the waters, became an object of general astonishment and admiration.

For the consolidation of her cure, or rather, as she said, out of gratitude, she came again in 1828 and 1829; she closed even, against my advice, an issue which had been applied three years before on the region of the liver, without any bad consequence; and, in 1831, she was brought to bed of a healthy child.

In this case, therefore, the liver was evidently the principal seat of that lady's complaints, and the pectoral symptoms, hectic fever, and complete loss of strength, only secondary and aggravated by immoderate bleeding. Had the pulmonary affections been the primary disease, the waters would indeed have accelerated her

death, which seemed approaching when she arrived at Carlsbad".

In a later publication (*Almanach de Carlsbad* for 1839) the same learned author details a very remarkable case of an English clergyman, who laboured under an obstruction of the liver combined with paralytic affection of the lower extremities, and who was cured by the waters of the Baths at Töplitz.

I have treated cases of chronic enlargement accompanied by a corresponding sluggishness of the liver, very successfully with the waters of Wiesbaden.

Case XIX. Mr. V. an officer in the Indian army, aged 25, was obliged to return to England in 1838 on sick leave. The following season I saw him at Wiesbaden, when he consulted me on the propriety of taking the waters of Schwalbach. Although not suffering from any acute pain in the region of the liver, it

was easy to perceive that that organ was considerably affected; his complexion was very sallow, and his spirits were much depressed.

On examination I found one lobe of the liver enlarged and slightly tender; his digestion at the same time was bad, his skin dry, and bowels torpid. I strongly dissuaded him from taking the baths and water of Schwalbach, and recommended instead those of Wiesbaden, the waters to be taken internally with Carlsbad salts in solution. His course, to which after the second week was added the Douche, Mr. V. continued for a month with wonderful benefit. His complexion became gradually healthy, his skin soft and natural, his bowels were not insensible to the aperient affects of the water, and as a deobstruent and alterative it succeeded in diminishing the size of the liver, which at the end of the cure was free from tenderness. I need

not add that his spirits improved in proportion to his health. He returned to England to make preparations for joining his regiment in India.

Case XX. Mr. W. also a military man similarly affected with Mr. V., though not so severely, but from the same cause, residence in a tropical climate, consulted me in 1839. Aged between 40 and 50, having a sallow and unhealthy complexion, he complained of great tenderness in the epigastric region, impaired digestion, and irregularity of the bowels, resulting, as he said, from acute attacks of liver while residing in India. Finding that there was no enlargement of the liver and very slight pain on pressure, I conceived his chief complaint to be extreme languor, arising no doubt from inaction of the liver, and recommended the waters and baths of Homburg. A complete cure was the result. He called upon me once a week during

his stay, and the decided improvement which had taken place in the intervals was most striking. He said his feeling in drinking the water was, that with each glass he was imbibing health.

Congestions of the vena portæ, or vessels which supply the liver with blood, are speedily removed by the judicious and timely use of mineral waters. Few springs will be found more efficient in this respect than Carlsbad.

Case XXI. Lady X. Y. aged between 60 and 70, had been in indifferent health for several years; her complaint was pronounced Bilious and recourse had to constant doses of Calomel, which only yielded temporary relief. In the summer of 1840 she was ordered to Carlsbad. At the time of her arrival the abdomen was greatly distended, tense and uncomfortable, especially after meals; the Bowels

were torpid requiring strong doses of Calomel or Colocynth to evacuate their contents, the complexion sallow, the pulse quick and excitable.

The Physician who attended her Ladyship ordered the internal use of the waters only. She began with one of the weaker springs, and subsequently drank the Sprudel the immediate effect was a most salutary action of the bowels, from which was evacuated a quantity of vitiated matter of the most unhealthy appearance; this continued for the period of a week, when it was found that the distinguished patient would lose strength, and to obviate this, a more generous diet and the use of wine was ordered, she still continuing to drink the waters. The evacuations gradually improved, and at length they became natural in appearance; the complexion became healthy, and the abdomen gradually decreased in size.

Lady X. Y. has since then been under my care, and except a slight cold, she has, ever since leaving Carlsbad, enjoyed excellent health. A farther decrease has taken place in the size of the abdomen, and what is still more remarkable, is, that when any aperient medicine is required, the smallest quantity of the most simple drug is sufficient to evacuate the Bowels. Lady X. Y. returns to Carlsbad next summer, and I have little doubt that her doing so will be the means of prolonging a valuable and useful life.

I have found the Baths of Wiesbaden, conjoined with the internal use of the Homburg water, produce similar effects to those stated in the preceding case. The baths in general assist the internal action of the waters; inasmuch as by their action on the vascular system, they tend to equalise the circulation and to remove internal congestion. Congestions of

the liver not unfrequently arise from suppressed Hemorrhoids; hence the relief sometimes afforded by the application of leeches to the anus. Some mineral waters possess a powerful influence over affections of this nature, and the recurrence of them is an indication of the salutary effect of the water, proving that the point of *Saturation* has been attained. When therefore we have reason to think that the complaint for which the waters have been prescribed has either been caused or influenced by the suppression of Hemorrhoids, we ought either to suspend the cure, or continue it with great caution.

Case XXII. Mr. Z. a friend of mine, aged 25, had been in indifferent health for two years, which he attributed to the sedentary life which his profession obliged him to lead. The stomach was as usual blamed, and a constant system of dosing

enjoined; this only tended to aggravate the symptoms. In 1839 he was induced to accompany some friends to the German Spas; they were ordered to Kissingen, and I strongly recommended him also to try the effects of the Ragozzi. The consequence was an attack of Hemorrhoids which caused him some alarm, as he had never before suffered from them. A Physician, whom he consulted, told him that they were caused by the waters, and that the effect would be salutary. The correctness of this assertion was soon proved; Mr. Z. returned to England perfectly restored to health.

It is unnecessary to state that the symptoms in this case were caused by abdominal congestion.

I have already alluded to Biliary *Calculi* or concretions in the Gall Bladder and ducts through which this fluid passes into the intestines, causing Jaundice and

other affections dependent upon a deficiency or irregularity in the supply of Bile to the intestines. The power of mineral waters in expelling such substances is well known.

“I remember” says the Chevalier de Carro in the Essay already quoted, “amongst others a patient with an indurated liver and Jaundice, who after having drunk only three days, evacuated innumerable gall stones, about the size of large and small peas, with which he filled several boxes. A most remarkable patient of mine” continues the same author, “an Italian nobleman, voided daily during two months numberless gall stones of very different size. I counted once 270 passed in four and twenty hours, of the usual yellow (gingerbread) colour, but some of them sky blue.” The learned Doctor goes on to state, that his patient afterwards tried the Fran-

zenbad chalybeate waters, which had the effect of suppressing the evacuation. He returned to Carlsbad for two successive seasons, and the calculi continued to be voided in as great quantity as ever. The farther result is not mentioned. Many more cases are detailed in de Carros Essay, which will be found extremely interesting to Invalids visiting Carlsbad.

Obstructions of this nature are equally removable by many other waters, Wiesbaden, Kissingen and Homburg. Those to be avoided are such as contain a preponderance of Iron in solution, viz. Schwalbach, Franzenbad and Brückenau.

CHAP. VI.

OF DYSPEPSIA.

The generality of the term Dyspepsia has been a fruitful source of error, not only on the part of the public, but also of the profession. — Every casual obstruction, every sympathetic affection, and every symptom of uneasiness arising from a diversity of causes in those organs destined for the conversion of food into chyle, have been referred to a distinct genus, known by the name of Dyspepsia, or Indigestion, and a uniform method of treatment pursued as if they constituted one and the same disease.

The process of digestion is complex in its nature, and the organs destined to effect it are numerous and important, having a mutual dependence on one another. In order then to perform the function healthily, each individual organ is called into action: it is evident therefore, that should any one of these organs become the seat of disease, a derangement is induced in the whole apparatus. The symptoms of such derangement will be as varied in their nature as the organs from which they arise, and, as in the case of any piece of machinery it is the duty of the artist to examine minutely until he finds the cause of derangement in the machine, so is it the duty of the Physician, instead of contenting himself with a general denomination and treating the disease in the same manner whether arising from a disordered state of the Stomach, Duodenum, Liver, or any other organ employed in

the function of Digestion, to enquire diligently until he discovers the seat of the disease, and to apply his remedies in such a manner as to act on the organ in fault. "For the perfection of medical skill
"is most unquestionably the talent of applying in each individual case its precise,
"and, as it were, individual cure:—An
"object which, though difficult of attainment, ought nevertheless to be the constant aim of the Physician, the object
"which he ought unceasingly to pursue,
"and never rest till he has overtaken."

Since Digestion in its most extended sense is meant to signify not only the primary process of converting food into chyle, but also that by which those parts which are unnecessary for nutrition are thrown out of the body,—Indigestion or Dyspepsia may be defined a morbid condition of any part of the apparatus required for effecting this purpose.

A strictly physiological account of the process of digestion, however interesting to a non-professional reader, would lead me into a digression foreign to the objects of this work; in order however to preserve a due degree of perspicuity, and to render the subsequent part of this chapter intelligible to those who may not have given attention to the subject, I shall enumerate generally the more important organs required in the functions of digestion, and afterwards point out the diseases to which they are liable, more especially those likely to be cured or alleviated by the use of mineral waters.

The general name applied to the organs of Digestion is the alimentary canal; this includes the whole of the intestines from the mouth, or rather from the Stomach, to the Anus.—The first and most important of them is the Stomach, where the food, acted upon by the saliva and

gastric juice, undergoes the first part of the digestive process. — Next comes the Duodenum, about twelve inches long, where the chyme, or substance transmitted from the Pylorus or opening in the stomach receives the bile and pancreatic juice, converting it into chyle. This fluid is then passed into the Jejunum and Ilium, where it is absorbed, and carried through the glands of the Mesentery to the Thoracic Duct; thence it is conveyed to the subclavian vein, and enters into the current of the blood. The last portion of the intestines is the colon, into which is forced, by the peristaltic motion, all matter unfit for nutrition, which, passing downwards, is evacuated at stated periods.

In describing some varieties of Dyspepsia we begin with the Stomach or first portion of the alimentary canal.

Dyspepsia of the Stomach, or, as it is usually called, *Gastric Dyspepsia*, may be either acute or chronic. — In the acute form positive remedies must be administered; in the chronic, a preventive system must be pursued, the morbid condition of the organ corrected, and its tone restored. No class of remedies, when judiciously employed, will be found more effectual for this purpose than the saline, aërated, and chalybeate mineral waters of Germany. The general character of Gastric Dyspepsia is loss of appetite, nausea, loathing of food, thirst, heart-burn, putrescent eructations, inability to digest oily mucilaginous saccharine and acidulous substances, torpid state of the bowels, or the contrary; depression of spirits, listlessness and impaired mental activity. These symptoms will vary with the cause from which they arise, whether primary or sympathetic.

The action of mineral waters in this complaint seems to produce three effects:—they restore the harmonious action of the intestinal canal;—they increase the activity of the excretory organs; and they restore, or improve, the tone or innervation of the stomach. It is often a matter of difficulty to find any one water which will produce all these effects; hence the great benefit to be derived from combinations of different waters. Thus, for instance, the Ragozzi of Kissingen and other waters of this class are well calculated to produce a harmonious action of the intestinal canal; while greater activity will be given to the excretory organs by Thermal Baths, such as Wiesbaden. The tone and innervation of the stomach will, unless the case be very complicated, be effected either by saline aërated waters containing Iron, followed by a course of Chalybeate water, or by

the mixture of both, or by the latter in its pure state.

Case XXIII. Mr. Aa., aged 45, had suffered from an attack of Gastro Interitis in 1838. An enervated state of the stomach succeeded the symptoms of acute disease, and he suffered severely from chronic Dyspepsia. He was much attenuated in strength, and spirits deplorably depressed. A dull pain, with a sense of weight, in the pit of the stomach, inability to digest any, save the lightest farinaceous food,—constant nausea when the stomach was full, and a constipated state of the bowels, were the most marked symptoms;—the skin was dry, the urine scanty and of an unhealthy appearance.

Mr. Aa. consulted me in 1839, and I recommended to him the internal use of the Ragozzi, together with the saline baths of Kissingen, to be continued for 4 weeks, and at the end of this time begged he

would communicate to me the result either by letter or in person. At the end of the third week he wrote as follows:—

“***..... It affords me much pleasure, in
“complying with your request, to have
“an opportunity of expressing my grati-
“tude for your kind advice in directing
“me to this place. I have now taken the
“waters for three weeks, and have derived
“so much benefit, that I begin to think
“that my health is in a fair way of being
“reestablished. At first, as you predicted,
“I found the water difficult of digestion,
“producing what I should call a sort of
“irritation in the stomach, which went off
“as soon as an aperient effect was pro-
“duced. I diminished the quantity as you
“ordered, but in a few days was able to
“return to four and even five glasses
“*per diem*.

“I now digest animal food without in-
“convenience; the nausea is gone, and

“I sleep well at night; my bowels are
“perfectly regular, and the water acts on
“them without any pain; my skin is moist
“and comfortable, and my spirits are greatly
“improved;—I am in short so much changed
“since I had the pleasure of seeing you
“at Frankfort, that those who saw me on
“my arrival say that they would scarcely
“know me. — All I seem now to want
“is strength, and an assurance that the
“benefit I have derived here will be per-
“manent. — I shall of course continue the
“waters and baths till the end of next
“week; but before then I hope to be fa-
“voured with your advice, as to whether
“I should take a second course, or pro-
“ceed to some other spring etc. etc.”

I wrote to Mr. Aa. by return of post, suggesting a course of the waters of Schwalbach as most likely to invigorate the system, now that a healthy action had been given to the intestinal canal.—After

an interval of a week he commenced by my direction the Paulinen-Brunnen. The sudden transition from a saline to a ferruginous water was in the first instance followed by constipation of the bowels, and symptoms similar to those under which the patient had formerly laboured. This disheartening effect however was soon overcome by an admixture of the Paulinen with the Ragozzi water which seemed to agree even better than the water in its pure state. The quantity of the Ragozzi was gradually diminished, and the Patient was at length able to drink the Weinbrunnen undiluted. He bathed on alternate days, and at the end of 3 weeks returned to England perfectly cured.

Mr. Aa. took with him a quantity of Ragozzi water, which he uses occasionally and finds far preferable to any aperient medicine.

Case XXIV. Mr. Bb., aged 32, had for years laboured under severe gastric Dyspepsia. His case was at length conceived to be a schirrous affection of the Pylorus.—In 1838 he consulted a Physician at Bonn, who ordered him a course of vapour baths which so reduced his strength, already greatly impaired, that when I saw him at Wiesbaden a few weeks after he could with great difficulty walk across the room.

The symptoms were much the same as in case XXIII, but more aggravated in their character. I advised him to remove to Schwalbach, and to commence the cure with equal parts of Homburg and the Paulinen-Brunnen,—two glasses every morning, a bath on alternate days, and a strict adherence to a regimen which I prescribed.

I have never known a case in which the remedy was quicker in its operation

and more entirely satisfactory in its result than this. Mr. Bb. began to improve in health and to regain strength from the day he commenced the use of the waters: the quantity was now increased, and the Weinbrunnen substituted for the Paulinen. The mixture was continued for three weeks, and for two weeks after, the Chalybeate was taken in its pure state. A week before leaving the Spa, the patient was able to walk from Schwalbach to Wiesbaden, a distance of eight miles, and back again the same evening; — 16 miles in one day!!

Case XXV. Miss Cc. consulted me at Wiesbaden in 1838; she stated her complaint to be inaction of the Liver, which caused the most distressing symptoms of Dyspepsia. The quantities of Blue Pill which had been prescribed, and which she was, when I saw her, in the constant habit of taking, had afforded no relief,

but on the contrary appeared to aggravate the symptoms.

From this and several other indications I was led to conclude that the Dyspeptic symptoms were not sympathetic of any irregularity in the action of the Liver, but a primary affection. I ordered the Baths of Wiesbaden, with the internal use of Homburg water. The patient improved gradually,—the stomach performed its functions,—the bowels became regular,—the skin moist and healthy.

At the end of three weeks I ordered Miss Cc. to remove to Homburg to drink the water at its source.—This she continued for three weeks, bathing on alternate days in the natural salt spring described in the appendix. On leaving, she was free from every symptom of Dyspepsia.

In cases of Gastric Dyspepsia, the water of Ems, followed by a course of

Schwalbach, may be employed with advantage; but in general I should say that Homburg or Kissingen will be more effectual.

Duodenal Dyspepsia. — The chief distinction between this form of the disease and Gastric dyspepsia seems to consist in the period that elapses after taking food into the stomach before a feeling of discomfort is experienced. — In the Gastric form, the primary process of the function is affected; — in Duodenal Dyspepsia, the second stage in the process is interrupted or impeded; — hence we find that a person labouring under this disease does not complain of loss of appetite or inability to digest any description of food; a considerable time after eating, however, he experiences general uneasiness, incapacity to active exertion, restlessness and irritability, thus showing that the food has passed out of the stomach into

the next portion of the intestines, and that at this stage its farther transmission becomes laborious. Under these circumstances the patient is oppressed with a sense of weight or fulness in the right side, often apparent to the touch and accompanied by a feeling of tenderness on pressure in the Duodenum. The pain in the right side often extends to the back or shoulder of the same side, and is often perceived along the course of the arm to the wrist and little finger. — Sometimes the pain attacks the right hip, extending down the leg; — the bowels are usually confined, and the evacuations unnatural, — the urine dark coloured and sedimentitious, the pulse slow, the tongue large, broad, and soft, covered with a yellowish white mucus; the skin sallow and the white of the eye tinged with bile. Violent headache, affecting particularly the back part of the

head, is a very common symptom of this complaint.

Duodenal Dyspepsia usually arises from imperfect action of the stomach or large intestines, and sometimes, though more rarely, it is caused by inaction of the Liver and a corresponding deficiency in the secretion of bile.—It may be easily conceived that if the stomach does not perform its functions in a healthy manner, the Duodenum will become the recipient of crude and indigested matter unsuited to its particular function, from which disorder must ensue. It is equally clear, that if the lower bowels be loaded, a mechanical pressure must be the consequence, which will interrupt the free action of the Duodenum and prevent it from transmuting its contents to the next portion of the Intestines;—an accumulation in the duodenum from either of these or any other causes occasions pres-

sure on the orifice of the gall duct, and thus impedes the free transmission of bile so necessary for the action of this intestine.

A deranged function of the organ may also be caused by congestion or induration of the liver, which will occasion a deficiency in the quantity of bile secreted and a corresponding inaction in the conversion of chyle into chyme.

In the treatment of this disease, the first indication is to relieve the loaded state of the gut. This is usually accomplished by means of active purgatives and especially senna; the relief however thus afforded is only temporary. The accumulation is got rid of for a time, but the first supply of food taken into the stomach lays the foundation of a fresh load, which goes on increasing till recourse must be again had to pharmaceutical preparations, the constant use of

which must prove detrimental to the constitution of the patient. In order therefore to effect a permanent cure, the morbid condition of the intestine must be corrected. — Upon whatever cause this condition is dependent, — whether it be the Stomach, the Colon, or the Liver, — the use of alterative aperient waters cannot fail to produce a sanative effect. — They give tone and energy to the whole alimentary canal; they stimulate the biliary organs to healthy action; they unload the Duodenum, and correct torpidity of the bowels.

The aërated saline waters are the most calculated to fulfil these indications, particularly Homburg and Kissingen; and a course of the Baths ought in general to be pursued simultaneously with the internal use of one of these springs.

Case XXVI. Mr. Dd., aged 25, was introduced to me in 1839, having come

abroad for the benefit of his health. He laboured under all the symptoms of Dyspepsia, and it was evident that the duodenum was the part of the alimentary canal where the process was interrupted. Considerable fulness was perceptible in the right hypochondrium; the patient complained of constant headache, the tongue was loaded, the urine sedimentitious, the bowels extremely torpid.

Mr. Dd. first called upon me at Wiesbaden, and expressed a great wish I should consent to his remaining there with some friends who were ordered a course of Baths. The depressed state of his spirits induced me to comply with this request, and after some preparatory treatment I prescribed the water both internally—and externally. I found the Kochbrunnen, however, insufficient to overcome the torpidity of the bowels, and gave Carlsbad salts in combination. This system was

pursued for nearly three weeks, during which time Mr. Dd's health had certainly improved, but the progress made was not quite satisfactory, and I consequently urged his removal either to Kissingen or Homburg. He chose the latter, and at the end of five weeks the waters had fulfilled every indication:—the fullness in the right hypochondrium, which had begun to decrease at Wiesbaden, entirely disappeared; the headaches had ceased, and the secretions had become natural.

Case XXVII. Mr. Ee., aged between 40 and 50, similarly affected in consequence of close attention to parliamentary duties, called upon me in 1839.—He had been ordered to Wildbad, a water totally unsuited to his complaint; but I succeeded without difficulty in making him change his place of destination to Kissingen.—I had not the pleasure of meeting him afterwards, but my friend

Dr. Balling, who attended him during the course, told me that this expectations of a cure were fully realized.

Colonic Dyspepsia. — The third and last stage in the digestive process is that by which the residue of the food taken into the stomach, after all nutritious matter has been extracted from it, is forced into the lower intestines, from which, in a state of health, it ought to be evacuated at stated periods. — When this part of the function is impeded, interrupted, or otherwise deranged, not only do local and general discomfort arise, but the primary processes are also affected, and rarely continue to be performed healthily. Hence arises the difficulty of distinguishing between a disordered state of the functions of the large intestines and sympathetic affections of the stomach and Duodenum caused by pressure, when the contents have been retained beyond

the natural period. That they are distinct from one another, however, cannot be doubted, although at the same time it is evident that if a disordered state of the lower intestines be neglected, a derangement in the whole digestive process must be the ultimate consequence.

It may be readily supposed that the stomach and duodenum, the liver and pancreas, may perform their functions healthily, but that the excrementitious matter pressed into the colon may, from atony in the intestines, morbid irritability, or some other cause, be retained there until relief is afforded either by the administration of medicine, or by mechanical means. This condition of the lower intestines may be caused by, and be sympathetic of, Gastric and Duodenal Dyspepsia; but when this is the case, other symptoms already stated are present. The state of the bowel is more that of

languor and sluggishness of action from deficiency of bile and other secretions, than of torpidity arising from a morbid condition of the colon.

Costiveness is the leading symptom of Dyspepsia of the colon, but this alone does not constitute the disease; the patient complains of loss of appetite, impaired strength, general pain in the loins, headache, nervousness, fluttering, timidity and vertigo; — the countenance becomes bloated, the complexion foul, sometimes losing its colour and becoming deadly pale, at other times assuming a sallow or greenish black hue. As the disease progresses, the pain and symptoms of uneasiness in the colon increase in violence, sometimes affecting one region and sometimes the other, but most frequently the sigmoid flexure; this is accompanied by a stridulous noise in the bowels, distressing tenesmus, vomiting, and great

irritability of stomach. — The tongue is always covered with a white slimy fur, sometimes it is swollen and œdematous; the teeth and mouth are foul, the saliva viscid, the breath tainted. The urine at the commencement is high coloured and loaded, — depositing mucous; as the disease progresses, it often becomes limpid and loaded alternately. The pulse varies; it is frequently natural, often accelerated, and sometimes intermittent. — The skin is moist and clammy, — the evacuations unnatural, — and, in extreme cases of long continuance, diarrhœa becomes a very distressing and almost constant symptom. The proximate cause of this disease is a morbid condition of the colon; and the indications in its treatment are to facilitate and promote the action of the bowel, as well as to correct at the same time the morbid cause. These indications are usually fulfilled by the

use of purgative medicines, the employment of the lavement, light and nutritious diet, exercise on foot etc. followed by tonics and sea bathing: in short by a course of aperients, alteratives and tonics.

A combination of these is often found beneficial in disease, as may be proved by the successful practice of a physician at one of the English spas. Such a combination is to be found in many mineral waters, "mingled", as my friend Dr. Granville says, "by the hand of nature"—and to such a combination do I attribute their unquestioned remedial efficacy in diseases of the intestinal canal. At many of the Spas too a great advantage will be found in the facility with which effect may be given to any of the ingredients entering into the composition of the water;—thus for instance, in the case of the Ragozzi of Kissingen, if we wish to increase its chalybeate properties, we add Brocklet

water; if its aperient—the Sool-sprudel; and if its alterative,—the Pandur.—A similar combination may be made at Homburg by adding to the Elizabethen either the waters of the Saur-Brunnen or those of Kronthal or Schwalbach.—All waters of this class then are highly to be recommended in affections of the colon as likely to fulfil at the same time the required indications.

Case XXVIII. Mr. Ff., aged 20, called upon me for advice late in the season of 1840. He had suffered for years from torpidity in the lower bowels, or as he described his own case, “there was one spot” (the sigmoid flexure of the colon) “where the action of the gut seemed to be impeded; nothing would pass this without the aid of aperient medicines, sometimes the part was very irritable, tender to the touch, and extremely painful, so that recourse was had to leeches

“and counter-irritation”. The patient was greatly reduced in flesh, nervous, irritable and hypochondriacal. I recommended him the water of Homburg made more active in the first instance by an addition of Sulphate of Magnesia. This system he continued for nearly three weeks, at the same time using the Bath. He improved greatly in strength, his bowels responded regularly to the water undiluted, and his spirits were better. The inclemency of the weather compelled him to abandon the cure, which I much regretted, as I have no doubt that in three weeks more he would have been perfectly restored to health. I trust he may be induced to visit the Baths of the Taunus this season.

Case XXIX. Mr. Gg., aged 45, commenced the use of the Wiesbaden water in 1838. His complaint was Colonic Dyspepsia, which in consequence of neglect or mal-

treatment had assumed an alarming appearance. Mr. Gg. not being satisfied with the action of the water, called upon me for further advice, and I recommended his immediate removal to Kissingen. Dr. Welsch, who attended him, perfectly recollected the case during a recent visit I paid the Spa, and told me that a troublesome diarrhoea, which was the most marked symptom in the case, had speedily given way to the use of a combination of the Ragozzi and Brocklet, and that the patient left, if not perfectly cured, at all events free from every description of suffering.

CHAP. VII.

FEMALE COMPLAINTS.

The female sex are subject to many disorders, arising from their peculiarity of structure, their functions, and their mode of life.—The organs destined for the production and nourishment of their offspring frequently become the seat of painful and protracted maladies, and the strong sympathy which exists between these and other parts frequently occasions general constitutional derangement.

The periodical discharge is subject to many varieties in its periods, regularity, and quality;—the ease or difficulty with

which it is performed,—and the periods of life when the discharge commences and terminates, are justly considered as very critical to the female constitution.—The consequences of tedious and protracted labours are often long and severely felt and not unfrequently render the subsequent life of the female one of continued suffering. —The luxurious habits, the sedentary lives, and the liability to impressions which women acquire in an artificial or civilized state, also give rise to numerous ailments which are unknown in savage life.

In directing attention to female complaints in which mineral waters are likely to prove efficacious, I shall begin with *The Monthly Discharge*, more frequently known by the name of the *Courses* or *Menses*.

This function is liable to irregularity and derangement of various kinds. — It

may be too long of appearing,—it may be suddenly checked,—it may be scanty, or too copious,—or its periodical return may be accompanied by much pain and suffering.

1. *Non-appearance of the Menses.*—Retention of the catamenia after a certain period of life, which varies in different climates and may be dependent on constitutional peculiarity in the individual, usually gives rise to symptoms which demand the attention of the Physician, since, though mild at their commencement, they may, if neglected, end fatally. The most prominent features of this disease are disinclination to motion,—great fatigue after exertion, —palpitation of the heart,—pains in the back, loins, and hips,—flatulency, —acidity of stomach, constipation of the bowels, and depraved appetite.—As the disease progresses, the colour changes,—the lips become palid,—

the eyes are encircled with a livid areola, the face assumes a yellowish hue, and the whole body has a leucophlegmatic appearance, with every indication of want of power and energy in the constitution.—The feet in advanced stages are affected with œdematous swellings, the breathing is hurried by the slightest exertion,—the pulse is quick but small, the patient is affected with hysteria, cough, and sometimes confirmed hectic fever.—To procure a flow of the menses proves often a matter of great difficulty. If their retention be caused by inaction of the alimentary canal, as is sometimes the case, aperients must be given; if by debility of the constitution, and more particularly of the uterine system, tonics are to be administered. Either or both of these indications will be fulfilled by the employment of mineral waters; the first by the use of the aërated saline springs,

—the second by chalybeate waters,—and both by a combination of these.—The waters of Ems and Wildbad have been strongly recommended in cases of Chlorosis. and may prove beneficial in some varieties of the disease. My personal experience however does not justify me in joining in the recommendation, excepting as preparatory to a course of Chalybeates.—The springs which I have found most efficacious are those of Schwalbach, Brückenau, Brocklet, Homburg and Kissingen.

Case XXX. Miss Ee., aged 17, had never menstruated and was suffering from all the symptoms of Chlorosis when I saw her in London in the summer of 1837. —Her parents had determined to send her to the German Baths and requested my advice, having previously had an opinion from a Physician of eminence.—I immediately recommended Schwalbach,

but was told that my confrère had ordered her to Ems. It was impossible to reconcile opinions so conflicting, excepting in one way:—viz.—to tell her to try Ems in the first instance, and, if it did not agree, to proceed to Schwalbach.

About a fortnight after her arrival at Ems, her Mother wrote to say that instead of deriving benefit the young lady was decidedly worse; that they had consequently resolved to follow my advice and begged me to meet them at Schwalbach. The case was one arising from debility of system, and I ordered the Weinbrunnen as well as the Baths. — Torpidity of the bowels, which was a troublesome symptom in the early part of the course, was overcome by giving a small quantity of Pültau water in combination with the Chalybeate; but this was rendered unnecessary after the first week. — The second week the patient

began to improve in appearance and to regain strength; certain symptoms shortly followed which indicated that a favorable change might soon be expected;—the baths and waters were continued, and before the end of the fourth week the desired change in the constitution was established. The young Lady continued afterwards to go on well.

Case XXXI. Miss Ff., a native of Frankfort, aged 18, was similarly affected with Miss Ee.; her case however was one of longer standing and the symptoms were aggravated in their character.—She was ordered to Schwalbach, and after a double course of the waters and baths, her health was permanently reestablished. She is now the mother of a healthy family.

Case XXXII. I was consulted in the case of Miss Gg. in 1839.—She had never menstruated properly, and her ap-

pearance, though not decidedly chlorotic, was extremely unhealthy;—her bowels were constipated, her appetite variable,—her habit was scrofulous, and she was troubled with cough. Tonics and aperients in combination were indicated and I recommended the water and Baths of Homburg. At the end of three weeks the discharge was established, —all the symptoms of ill health disappeared, and the young lady has continued well ever since.

The similarity which the waters of Kissingen bear to Homburg make them equally efficacious when indicated in chlorosis; the same may be said in reference to the relation which Brückenau and Bocket bear to Schwalbach. I might quote cases in proof of this, but those already stated are, I should hope, sufficiently convincing.

2. *Obstruction of the Menses.*—Independent of frequency, the monthly dis-

charge may be checked or suppressed after its first establishment. — The most frequent causes of such obstruction are cold, anxiety of mind, sudden fright, and debilitating diseases. The symptoms are a hard and frequent pulse, hot and dry skin, severe pain in the head, back, and loins, — constipation, colic, pains, with symptoms of dispepsia and hysteria. — Our treatment of the disease must be directed by the cause from which it has arisen : — if produced by cold, it may be easily restored ; — if arising from debility, and of long standing, — mineral waters will be found an efficient and valuable remedy.

Case XXXIII. Mrs. Hh., aged 28, suffered from an obstruction of the menses caused by family affliction three years before I saw her at Wiesbaden in 1839. She had been ordered the Kochbrunnen, together with the Baths, by a resident

Physician, who was so occupied at the time in endeavouring to prevent English medical men from affording advice to their countrymen at the Baths, that he neglected to caution her against the relaxing and enervating effect of the remedy which he prescribed. The consequence was, that the patient, reduced in strength, became seriously unwell, a leucorrhœal discharge (not an uncommon effect of Wiesbaden in females of a weak and relaxed habit) was superinduced, and rendered her so weak as to be scarcely able to walk across the room.—I immediately recommended her removal to Homburg, and after a short interval she commenced bathing and drinking the waters; the result exceeded my expectations. At the end of four weeks, the monthly discharge returned, though in smaller quantity than natural. Mrs. Hh. gained a surprising accession of strength;

all symptoms of Dyspepsia and hysteria disappeared, and I understood afterwards that the benefit derived was permanent.

In cases of obstruction of the menses accompanied by nervous irritability, the waters and Baths of Ems are likely to prove beneficial, especially if followed by a course of Chalybeates such a Schwalbach. — When derangement of the intestinal canal exists, Kissingen or Homburg, will be found preferable, and may be followed by Chalybeates if desirable.

3. *Immoderate flow of the menses.* — The monthly discharge is apt in young females of a relaxed habit to come on too frequently, in excess of quantity, and on the least exertion. — The effects as may readily be supposed are very debilitating. — The countenance becomes pale and haggard; there is a dark circle round the eyes; an aversion to motion and

great susceptibility of fatigue on slight exertion. The stomach is disordered, — the bowels are constipated, and the lymphatic system is torpid. — This state of menstruation is very difficult to cure by the preparations usually employed in medicine; I can strongly recommend the agency of mineral waters.

Case XXXIV. In 1840 I was consulted in the case of Miss li., aged about 16. The menstrual discharge had come on with a frequency and violence, calculated, if not retarded greatly, to injure her general health. The patient was extremely enfeebled; her appearance unhealthy, stomach irritable, and bowels torpid. The discharge came on every fortnight and was also caused by the least exertion, such as driving, or riding on horseback. I prescribed in the first instance equal parts of the Paulinen-Brunnen of Schwalbach and the Elizabethen-Brunnen of

Homburg, four glasses every morning, followed by a Bath of the Chalybeate water. — This treatment was pursued for nearly five weeks; — the first week no improvement was perceptible, farther than the aperient effect of the water; the 2nd week she was able to drive in a carriage without inconvenience. The Wein-Brunnen was now substituted for the Paulinen; but she was not able to take it undiluted. During the remainder of the course the discharge never appeared, but I was informed by her family that on her return to England, at the end of eight weeks, including the five she was under my care, her system acted naturally. She is now in perfect health. It is unnecessary to state that any waters of the same class as those employed in this case would have been equally beneficial.

4. *Difficult Menstruation* or *Dysmenorrhea* consists in a painful performance

of the function. It is characterized by pain in the back and loins, and is usually caused by a congested state of the Uterus. The use of the warm Bath is generally indicated in difficult menstruation. Wiesbaden or Ems, Schlangenbad or Wildbad, where high nervous irritability exists, will be found to answer every indication; but should there be much constitutional weakness or laxity of system, Schwalbach, Brückenau, or Brocklet, may be employed with more decided effect.

5. *Leuchorrhœa* or *Whites*. — Females troubled with this debilitating complaint ought to avoid thermal baths and resort to the Chalybeate waters so often mentioned; — for I know no disease in which they are productive of more decided benefit. The baths ought to be taken at as low a temperature as possible, and the internal use of the water be pursued at the same time.

6. *Sterility*, which is often dependent upon many of the female complaints already mentioned, is frequently removed by the use of mineral waters. — All the Spas lay claim to wonderful powers in such cases, but I believe the Bubenquelle of Ems has acquired the greatest reputation. Although I by no means doubt that the use of mineral waters may be productive of happy effects in some cases of sterility, I cannot from experience corroborate what has been said on the subject by the local Physicians who have written upon their favorite Heilquellen.

CHAP. VIII.

MISCELLANEOUS DISEASES.

There are several maladies in which mineral waters are productive of beneficial effects, to which, from the arrangement hitherto observed in this work, it would be impossible to devote a separate chapter;—these I mean to notice under the general denomination of miscellaneous Diseases.

1. *Diseases of the Chest.* — Consumption, with the diseases resembling it, is one of the most interesting but at the same time distressing subjects that can occupy the attention of any, but espec-

ally of the British practitioner, since we find by the Bills of mortality, that in the United Kingdom not less than from fifty to sixty thousand annually fall victims to this insidious malady.—When once pulmonary consumption is fairly established, it is vain to expect benefit from the employment of mineral waters or indeed from any other remedy;—in incipient cases however, when the tubercles are in a latent state, mineral waters, from their acknowledged effect in purifying the blood, may prevent the farther deposition of tuberculous matter in the air cells, and promote the absorption of that already deposited. Ems has long been supposed to exert a superiority over every other water in Germany in cases of this description, but it is much to be feared that those who have lauded its virtues in pulmonary affections have been the means of causing disappointment to

numbers of consumptive patients who annually resort to this Spa. I do not mean to say that if benefit is to be derived from mineral waters in such cases, which may sometimes happen when the disease is not confirmed, the Kesselbrunnen of Ems is not as likely to arrest the progress of the disease as any other water in Germany: — but I should be sorry to be the means of exciting hopes which may never be realized by recommending it in the strong and confident manner adopted by some authors.

In Petuitary Phthisis, or chronic affections of the mucous membranes of the Larynx, Trachea, and Bronchia, mineral waters have been found decidedly efficacious; those of Ems, Selters, and Fachingen may be used with equal safety and success in affections of this nature. My friend Dr. Balling of Kissingen, whose authority on the subject of

mineral waters stands deservedly high, strongly recommends the waters of that Spa in bronchial and laryngeal disease: — more particularly the Maxbrunnen combined with goats milk-whey, pursued simultaneously with the inhalation of the steam yielded by the evaporating pans used in the manufacture of salt from the water of the Soolenssprudel. — For more particular information on this subject I beg to refer to my translation of Dr. Balling's description of Kissingen.

2. *Scrophula, or Kings Evil*, is dependent on peculiarity of constitution transmitted from parents or ancestors, appearing under peculiar circumstances or at different periods of life, — sometimes passing over one generation and showing itself in the next. — It is characterized by a tendency to a swelling of glandular parts, which, progressing towards inflammation and suppuration, discharge an

unhealthy curdy mixed matter and ultimately form ulcers very difficult to heal. The glands of the neck are usually the first part attacked; the joints of the elbows and ankles become subsequently affected: while in others the eyes and eyelids are the principal seat of disease. Many internal parts are subject to disease in persons of scrophulous habit, particularly the glands of the mesentery, which become obstructed, inflamed and suppurated. The lungs too become tuberculous, and pulmonary consumption is the result.

The various preparations of Iodine have been used with much success in the treatment of scrophulous affections, and the result of M. Lugol's experiments, compared with our former practice, sufficiently proves that it is the only remedy upon which we can successfully rely. — Many of the mineral waters of Germany were known to prove efficacious in ca-

ses of scrophula long before the use of Iodine was ascertained ;— the existence therefore of this substance in these springs satisfactory explains the cause of their sanative efficacy in this disease.

The Soolensprudel of Kissingen, the saline water of Homburg, and the salt springs of Kreutznach, a spa in Rhenish Prussia, close to Bingen on the Rhine, used in the form of a Bath and conjoined with the internal use of the aperient springs which are to be found at all these places, may be employed with great advantage, either in reducing or allaying scrophulous enlargements as well as in the cure of ulcers when once formed. — The Mutterlauge of the Munster-am-Stein at Kreutznach is said by Preiger to contain nearly 14 grains of Iodine to the pint. This liquid, called by the French *Eau de Mer*, is the residue found in the evaporating pans after the crystallization

of salt; it exist in great abundance at Kissingen and ought in all cases of scrophula to be added to the Bath, as the quantity of Iodine thereby absorbed, must be productive of a most salutary effect.

3. *Diseases of the Skin.* — Mineral waters, from their acknowledged effect in purifying the blood and in exciting the action of the skin, are valuable agents in cutaneous disease. All the spas have been recommended in affections of this nature by the resident physicians, and although a more than ordinary measure of credulity would be requisite in order to believe that they are capable of curing the interminable list of maladies furnished by the Spa Doctors, yet it must be allowed that there is no class of diseases in which the majority of them may be more safely employed than in those of the skin.

In *Syphilitic eruptions*, combined with thickening of the periosteum, the waters

and baths of Wiesbaden are exceedingly efficacious. I have treated with success many cases of this description at the Spa, but the details are not such as ought to be stated in a work like the present.

So many cutaneous affections are connected with constitutional disturbance that the same water which removes the cause will of course modify the effect: thus for instance eruptions on the face, dependent upon a disordered condition of the Liver or alimentary canal, will disappear when the waters indicated in these cases have produced a salutary effect.

In all the varieties of *Porrigio*, a pustular disease chiefly affecting the scalp, I should recommend the saline bath and waters, especially those of Kreutznach, Homburg and Kissingen, as efficient remedies.—The waters of Wiesbaden may also be used in such cases; as a proof of which I need only state that I removed

an affection of this kind, which had existed for nearly two years, by washing the parts with a soap made from the salts yielded by evaporation of the Kochbrunnen. As this is a preparation which I have not mentioned elsewhere, I may here take occasion to state, that, used in the form of a plaister and applied to debilitated limbs, anchylosed and contracted joints, I have found it productive of much benefit, and would consequently recommend to invalids using the baths for affections of this description to try its effect after finishing their course at the Spa.

Prurigo which may be defined a papular eruption affecting the whole or some particular portion of the skin accompanied with a sense of constant itching is one of the most troublesome of cutaneous diseases; — when it arises from disordered stomach the common tepid

bath with the use of laxatives and a change of diet will be sufficient to overcome it; when however it has existed for any length of time and appears constitutional it may be removed by the steady use of sulphurous waters, such as those of Aix la Chapelle or Weilbach, a spa in Nassau situated half way between Mayence and Frankfort.

In *Psoriasis* or *Tetter*, a roughness and scaliness of the cuticle with a redness underneath;—in *Impetigo*, an affection of the same genus, characterized by small irregularly circumscribed pustules, which, being slightly elevated, terminate in a laminated scab, either the sulphurous waters already mentioned, or the Saline Thermal baths of Wiesbaden, Ems, or Baden may be used with benefit and success.

4. *Affections of the Bladder and Urinary organs.* —I have mentioned else-

where that one of the primary effects of mineral waters is to excite the action of the Kidneys, an effect in many cases extremely salutary, since they assist nature in dissolving any morbid concretions which may exist either in these organs or in the bladder.

In prescribing mineral waters in affections of the urinary passages we must be entirely guided by the appearance of the fluid, which ought to be carefully examined. When lithic acid or other gravelly deposits are present, or even when we have cause to suspect the existence of stone in an incipient state, we may order the alkaline waters of Selters or Fachingen, the Maxbrunnen of Kissingen, or the Saurbrunnen of Homburg; the effect of the waters will be to neutralize the preponderance of acid contained in the urine and thus not only prevent the formation of concretions, but destroy

those already formed. Should the urine on the other hand be limpid or pale coloured and large in quantity, we shall generally find that it is caused by Dyspepsia, or general debility, and that the waters already prescribed in such cases will be sufficient to remove it.

In affections of the mucous membranes of the Bladder the waters of Ems are highly recommended, and I believe with justice. Enlargements of the prostate gland, accompanied by irritation, will be greatly relieved by a course of the waters and baths of Wiesbaden.—I have treated several several cases of this description there, with considerable success.

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APPENDIX.

APPENDIX.

Nº. 1.

WIESBADEN.

Wiesbaden, the capital of the Duchy of Nassau, is situated in a valley six English miles from Mayence and about three from Biberich, the summer residence of the Ducal Court. With both these towns there is a constant communication by means of the Taunus Railroad, and the Spa may be reached from England in less than 72 hours.

There are said to be 18 springs differing one from the other, yet it is very evident that they all emanate from the same source, called the Kochbrunnen,

and that the only difference really existing is dependent upon their distance from the original source, which however inconsiderable, will occasion some difference in the temperature of the water.

The temperature of the Kochbrunnen is 158° Fah. and 16 ounces of the water, according to the analysis of Kastner, holds in solution the following solid substances :

Muriate of Soda . . . 44.225.

Sulphate " " . . . 0.700.

Muriate of Lime . . . 5.486.

Sulphate " " . . . 0.040.

Carbonate " " . . . 1.650.

Muriate of Magnesia . . . 0.790.

Muriate of Potassa . . . 1.200.

Pure Silica . . . 0.600.

Carbonate of Iron . . . 0.078.

Free Carbonic Acid Gas 6 Cubic Inches.

The Silica is combined with Magnesia.

There are also traces of Bromine. The

notion that there is any Sulphur held in solution in this water is worthy of no credit. The best Hotels are the "Quatre Saisons", the "Rose", the "Nassau" and "Allee-Saal". In the two former there are establishments of Baths. The English Hotel is a lodging and Bath house well conducted and extremely comfortable. — Besides these there are many others, as the "Schützen-Hof", the "Adler" or "Poste", the "Römer-Bad" etc. Private Lodgings well furnished are easily procured; the prices vary with the season of the year.

The best Tables d'hôte will be found at the Hotels already recommended; they take place at one and four o'clock. At the Kursaal there is an excellent Restaurant, conducted by M. Zimmermann, where dinners and refreshments are served at any hour, besides a table d'hôte at 1 and 4 o'clock. The usual prices at the tables d'hôte are, at 1 o'clock 48 Kr.

or 1 s. 4 d.; at 4 o'clock 1 fl. 45 Kr. or 3 s., exclusive of wine.

The Protestant Church is kindly lent to the English, and a Clergyman resides permanently at Wiesbaden who performs the service twice every Sunday.

The shops in the Colonnade will be found worthy the attention of travellers. I should in particular recommend to notice that of M. Jügel, the Galignani of Frankfort, where all the modern publications in English, German, French and Italian may be procured, as well as a large and valuable collection of Engravings, Maps and Tour Books—the magnificent glass shop of Messrs. Steigerwald of Prague — the tasteful bijouterie of M. Goldschmidt of Frankfort, and the beautiful and ingenious Deer Horn manufacture of M. Schreger of Darmstadt.

There is a comfortable reading room adjoining the Kursaal, where Galignani's

Messenges and also one or more London Papers will be found. — The price of admission is extremely moderate.

Travellers wishing to present letters of credit or Bills of exchange will meet with the utmost civility and attention at the Bureau of M. Marcus Berl , who has been long established at Wiesbaden and who is in correspondence with the chief Banking Houses in London, Edinburgh and Dublin,—a sufficient guarantee, were any required, of the respectability and solidity of his House.

N^o. 2.

BADEN-BADEN.

The local situation of Baden is peculiarly picturesque,—on the verge of the Black Forest, in the neighbourhood of the beautiful valley of the Murg, having on the one side scenery both classi-



cal and romantic, and on the other extensive plains unequalled for richness and fertility.

The distance from the Rhine at Rastadt is about five English miles; from Carlsruhe, the capital of the Duchy, twenty; and from Frankfort, over the Bergstrasse by Heidelberg, about 90. Travellers visiting Baden would do well to leave the Rhine at Mayence, and take the latter route so much more agreeable and less tedious than steaming up the River. In returning, however, the steam packets will be found the most expeditions.

There are eleven springs at Baden; of these however the "Ursprung" is the only one used for medicinal purposes. Its temperature is $153\frac{1}{2}^{\circ}$ Fah. and when M. Koelreuter analysed it in 1822, he found that 16 ounces of water contained the following solid substances:

Muriate of Soda . . .	16.000.
Muriate of Lime . .	1.750.
Sulphate " " . . .	3.000.
Carbonate " " . . .	1.670.
Muriate of Magnesia . .	0.250.
Pure silica	0.330.
Carb. of Iron	0.100.
Free Carbonic acid Gas $\frac{1}{2}$ Cubic Inch.	
Solid extractive matter of an animal nature . . .	0.200.

The Hotels are quite equal in point of comfort and accommodation to those at Wiesbaden. The "Hotel d'Angleterre", the "Hotel de Russie", the "Cour de Bade" and the Hotel de l'Europe, lately opened, are the best.—Tables d'hôte are served at one and four o'clock. Private lodgings are cheaper than at Wiesbaden. The "Conversations-Haus" includes a Restaurant, Theatre, Gaming Tables, Ball and Reading Rooms. Divine service ac-

according to the rites of church of England is regularly performed, and, there being no allowance from the English Government, the Clergyman is dependent on the good feeling of his countrymen. Dr. Hutton, an English Physician, who has written on the waters, resides at Baden.

Mesrs. Creutzbauer and Nöldeke, the famous publishers at Carlsruhe, have an establishment at Baden during the season, conducted by Mr. Scotzniovsky, the printer and publisher of the "Bade-Blatt", whose obliging civility in affording information to strangers cannot fail to render his shop a popular resort.—Besides several small works descriptive of Baden, some exquisite views of the town and its environs will be found at this establishment, as well as a choice collection of Prints, Music, and all the latest publications in English, French, German and Italian.

Nº. 3.

EMS.

Ems, or Bad-Ems as it is usually called, is situated on the banks of the Lahn in the midst of an extremely interesting and beautiful country,—10 miles from the Rhine at Coblenz, 30 from Wiesbaden and 50 from Frankfort. The springs are 18 in number, varying in temperature from 70° to 118° Fah.—many of them are used for Baths.—The drinking springs are the Kesselbrunnen 118°, and the Kraenchenbrunnen 80°. Sixteen ounces of these waters when analysed, the former by Kästner and the latter by Struve, were found to contain the following solid substances:

Kesselbrunnen.

Muriate	of Soda	. . .	8.000.
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Sulphate	"	" . . .	1.000.
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Carbonate	"	" . . .	20.000.
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Muriate of Lime . . .	0.500.
Carbonate " " . . .	2.010.
Muriate of Magnesia .	0.250.
Carbonate " " . . .	2.000.
" " Iron . . .	0.062.
Ox. of Manganese . . .	0.125.
Free Carbonic acid Gas	17 Cubic
Inches. Besides these, there were	
found also traces of Pure Alu-	
mina and Silica.	

Kraenchenbrunnen.

Muriate of Soda . . .	7.134.
Carb. " " . . .	10.750.
Carb. " Lime . . .	1.140.
Carb. " Magnesia .	0.788.
Mur. " Potassa .	0.044.
Sulph. " " . . .	0.540.
Silica (Pure) . . .	0.413.
Carb. of Iron . . .	0.016.

In addition to these, traces of the Ox. of Manganese were also discovered.

The life led at Ems differs greatly from that pursued at Wiesbaden or Baden-Baden; — the society is generally more select, although gaming is pursued here also; — the habits are more simple, and there is apparently more intercourse among the water drinkers. The best Hotels the “Kur-Haus”, the “Quatre Saisons”, the “Russie”, and the “Angleterre”. — There is usually English Divine Service, but neither an English Clergyman nor Physician have as yet thought it advisable to reside permanently at Ems.

N^o. 4.

CARLSBAD.

Carlsbad, a small town in Bohemia, is situated in a beautiful and romantic valley watered by the Töpel and distant from Dresden 103 Eng. miles. The

springs are 14 in number; the principal one is that called the Sprudel; situated in the middle of the Town and enclosed in a handsome building. — One of the weaker springs is generally prescribed in the first instance.

The water of these springs was analysed by Berzelius. — In 16 ounces he discovered the following substances.

Muriate of Soda . . .	7.975.
Sulph. " " . . .	19.869.
Carb. " " . . .	9.695.
Carbonate of Lime . . .	10.050.
Sub-Phosphate of Lime . .	0.001.
Fluate " " . . .	0.024.
Carbonate of Magnesia . .	1.370.
Sub-Phosphate of Alumina .	0.002.
Pure Silica	0.577.
Carb. of Iron	0.028.
Carb. of Manganese . . .	0.007.
Free Carbonic acid Gas in cubic Inches	11 ⁴ / ₆

In addition to these he found also Carbonate of Lithia 0.020 and Carbonate of Strontia 0.007. The general temperature is 167° Fah. The season at Carlsbad is much the same as at the other Spas, beginning in May and ending in September. After a course of the waters, which generally lasts from 3 to 6 weeks, many of the visitors proceed, agreeably to the advice they usually receive, to some of the other Spas, such as Töplitz or Marienbad.

From the beginning of the season till the middle of June the living is cheaper than subsequently.—The principal Inns are the Golden Shield, which is considered the best; the Golden Lion, the Golden Swan.—The charges at these Inns are: breakfast 44 Kr. or 1 s. 4 d.; for dinner 1 fl. 16 Kr. or 2 s. 1¼ d.

N^o. 5.

TÖPLITZ.

A small town in the N. W of Bohemia, is situated in a rich and beautiful country, and remarkable for nothing but its mineral waters. There are in all 18 springs, three of which are contained in a building called the Stadtbad, and supply most of the public and private Baths. — The chief one is called the Hauptquelle.

Ambrozzi in 1820 analysed the water of the Spa, and found it to contain in 16 ounces the following substances:

Muriate of Soda . . . 0.776.

Sulph. " " . . . 1.696.

Carb. " " . . . 12.240.

Carb. of Lime . . . 0.340.

Silica . . . 0.420.

Ox. of Iron with Carb. acid 0.036.

Free Carb. Gas $2\frac{2}{3}$ Cub. Inches.

He also discovered traces of "animal

extractive matter". The temperature is 122° Fah. — The living here is much cheaper than at the generality of watering places. Dinner at the Table d'hôte at either one or two o'clock, the common dining hours at Töplitz, exclusive of wine, costs 100 Bohemian Kreutzers or 1 s. 3 d. — The other meals are charged proportionally low.

The principal Inns are "le Prince de Ligne", "la Croix d'Or", "l'Archiduc Charles", „la ville de St. Petersbourg", and "le cerf d'Or." Private Lodgings are numerous and very good both at Töplitz and Schönaue.

Nº. 6.

WILDBAD.

A small town in the kingdom of Würtemberg, situated amid the gloomy recesses of the Black Forest, possesses few attractions save for the Invalid. — There

are three springs, the largest of which, called the Herrenbad, is enclosed in a small building. When analysed by Sigwart it was found to hold in solution the following substances: — 16 Oz. —

Muriate of Soda	1.820.
Sulph. " "	0.400.
Carb. " "	0.530.
Carb. of Lime	0.340.
Carb. of Magnesia	0.070.
Sulph. of Potassa	0.020.
Silica	0.390.
Ox. of Iron with Carb. acid	0.020.
Ox. of Manganese	0.020.

A trace of sticky bituminous matter was also found. The general temperature is 98° Fah.

The Hotels are the Bear, and the King of Würtemberg,

Nº. 7.

SCHLANGENBAD,

or the beautifying Bath, as it is termed by Sir Francis Head, is situated in one of the most lovely and romantic valleys of the picturesque Duchy of Nassau. — It is about five miles distant from Schwalbach, Wiesbaden and Biberich. The establishment consisted originally of three Bath Houses, belonging to the Electoral Archbishop of Mayence, the Duke of Hesse and the Sovereign of the Country; — the two former were purchased by the Duke of Nassau, and all the Baths have thus become his private property. — There are besides several Lodging houses.

The springs are said to be 29 in number: and the following is the analysis of Kästner:

Muriate of Soda	1.000.
Carb. " "	3.000.
Muriate of Lime	0.188.

Carb. of Lime 0.188.

Muriate of Magnesia . . 0.0.63.

Carb. " " 0.750.

Free Carbonic Gas in Cubic Inches

$1\frac{3}{4}$. Its temperature is 86° Fah.

Visitors will easily find accommodation either in the private lodging houses or at the Badhäuser, in which, as at Ems, the price of each room is marked on the door, and varies from 36 Kr. to 3 or 4 florins per diem. There is also a table d'hôte at one o'clock which costs 1 fl. per head,—and if required the same dinner may be had in a private room for 1 fl. 45 Kr.

N^o. 8.

MARIENBAD.

A small town or rather village in Bohemia, distant about 20 miles from Carls-

bad, appears at first sight to be situated in a large garden, so tastefully is every thing about it arranged. The surrounding country also possesses many attractions for the lover of nature. The plain is enlivened with many neat dwellings, while the neighbouring heights are clothed to their summits with Oak and Fir trees.

There are 21 springs, of which the principal are the Kreutzbrunnen and Ferdinandsbrunnen. These have been analysed, the former by Berzelius and the latter by Steinman, and found to hold in solution: —

Kreutzbrunnen.

Muriate of Soda . . .	13.564.
Sulph. " " . . .	38.110.
Carb. " " . . .	10.257.
Carb. of Lime . . .	3.934.
Carb. of Magnes. . .	2.719.
Phosph. of Alumina . .	0.003.
Pure Silica . . .	0.386.

Carb. of Iron 0.176.

Ox. Manganese 0.038.

Carb. of Strontia 0.004.

Carb. of Lithia . . , . . 0.114.

Free Carb. acid Gas $34\frac{1}{5}$ Cub. Inches.

General temp. 53° Fah.

Ferdinandsbrunnen.

Muriate of Soda 8.996.

Sulph. " " 22.530.

Carb. " " 8.549.

Carb. of Lime 4.016.

Carb. of Magnes. . . . 3.049.

Phosph. of Alumina 0.005.

Pure Silica 0.679.

Carb. of Iron 0.400.

Ox. Manganese 0.092.

Carb. of Strontia 0.005.

Carb. of Lithia 0.068.

Free Carb. Gas 40 Cubic Inches.

General temp. 49° Fah.

The Hotels at Marienbad are not surpassed in elegance and convenience by

those of any other town or country, save perhaps Berlin and Frankfort. The chief are the "Römer", the "Falken", the "Goldener Adler", the "Teples-Haus", and "Klinger's Gasthof".

Nº. 9.

HOMBURG.

The chief town in the Landgraveate of Hesse is beautifully situated at the foot of the Taunus mountains, within 10 miles of Frankfort, and obtains an interest in the eyes of English travellers as having been for twenty years the residence of one of the most amiable members of the family of George the Third, the late Landgravine, whose royal munificence and unostentatious charity, exerted in behalf of her adopted country, rendered her at once an object of love and esteem to her consort's family, of veneration, re-

spect and dutiful attachment to their subjects.—I must be pardoned for this digression, which may be considered out of place; but I cannot resist the opportunity of paying a tribute to the memory of one to whose Household I had the honour of being attached, and whose confidence I so completely enjoyed.

The springs of Homburg are situated in a valley close to the town;—they are three in number:—the Saline-Brunnen, from which salt was formerly manufactured, but which is now used for Baths;—the Sauer-Brunnen, resembling the waters of Selters and Fachingen, and the Elizabethen or Kur-Brunnen. The latter was analysed by the famous Professor Liebig of Giessen and the following is stated to be the result.—In 16 ounces.—

Muriate of Soda . . .	79.148.
Sulph. " " . . .	0.266.
Muriate of Lime . . .	7.756.

Carb. of Lime	9.988.
Mur. of Magnesia	7.787.
Carb. „ „	1.995.
Pure Silica	0.313.
Carb. of Iron	0.460.
Free Carb. acid Gas	48 ¹ / ₂ Cub. Inches.
General temp.	53° Fah.

The enterprising spirit of M. Blanc of Paris is likely to redeem Homburg from the obscurity in which it has so long and undeservedly remained. He has commenced building a Kursaal upon a scale of unusual magnificence, and if the present plan be carried into execution it will far surpass in architectural beauty, in elegance of design, and in comfort of accommodation, any building of the kind hitherto erected in Germany. In the mean time a temporary Kursaal has been fitted up for the accommodation of visitors; besides gaming and conversation Rooms it contains a Reading Room, where a choice

collection of English, French and German Newspapers will be found, and to which there is a small library attached.—There is also a restaurant connected with this establishment.

Close to the springs is a Pump room built by the late Landgrave, containing one large and several smaller rooms well proportioned and neatly furnished;—they are kept by M. Mailand, a very civil and obliging person, who lets apartments, furnishes refreshments and serves a table d'hôte at one o'clock. The largest room in this building is used for Balls and Concerts, which are to be given regularly during the season.

The Hotels in the town are the “British and Hessische Hof”;—private lodgings are easily procured at a moderate price.—Divine Service according to the rites of the English Church is performed every Sunday afternoon at five o'clock by the

Rev. Thomas Harvey, Chaplain to Her Majesty's Legation at Frankfort, who has kindly undertaken the duty.—A book for subscriptions in aid of the establishment is kept in the reading rooms at the Kursaal.

The environs of Homburg are extremely beautiful and varied. The gardens of the Chateau were laid out in the English style by the late Landgravine, and the taste displayed by this venerated Princess in the numerous walks, summer houses and cottages which adorn the grounds, cannot fail to be a source of admiration, interest and recreation either to the invalid or traveller.

Excursions to the Taunus mountains, which are in the immediate vicinity of the town, will amply repay the lover of the picturesque;—the scenery greatly resembles Switzerland; the plants are numerous and the geological structure of the range interesting.

The efficacy of the waters of Homburg in dyspeptic and female complaints, in scrophulous and cutaneous disease; its local situation, especially its vicinity to Frankfort, with which there is a constant communication by means of comfortable and commodious public carriages, — the purity of its air, — the beauty of its scenery, the comfort and convenience of its establishments, and the cheapness of living cannot fail to procure it a high reputation, and to render it the favorite resort of the invalid, the tourist, the man of pleasure, and the economist.

N^o. 10.

KISSINGEN.

Few spas in Germany have so rapidly increased in reputation as Kissingen, or attracted more general attention either on the part of the profession or invalids.

The variety of its waters, and their adaptation to so many cases of disease, the beauty of its situation, the celebrity of its Physicians, the succession of public amusements, the civility of its inhabitants, and above all the constant and unremitting attention of the Messrs. Bolzano, the lessees of the waters and the proprietors of the Kur-Haus, to the wants and comforts of strangers and invalids, sufficiently account for the immense increase of visitors which has taken place at this Spa within the last few years. The fostering care of the government of Bavaria too has in no small measure tended to the prosperity of Kissingen, and the improvements contemplated by the King, whose refined taste in Architecture remains unequalled amongst the crowned heads of Europe, will, if effected, greatly contribute to the embellishment of the place.

The springs at Kissingen are four in number: the Ragozzi, the Pandur, the Maxbrunnen and the Theresienbrunnen. The three former are situated in a well shaded esplanade in front of the Kursaal;—the Ragozzi and Pandur rise within a few feet of each other, and the Maxbrunnen is distant from them about 100 yards. The Theresienbrunnen lies at the distance of a mile from Kissingen. In addition to these, on the banks of the Saal, about half an hour's walk from the town, is the Soolensprudel, a powerfully saline water;—it presents the extraordinary phenomenon of ebbing and flowing at stated intervals, which has formed the subject of a very interesting paper by Professor Forbes (recorded in the transactions of the Royal Society of Edinburgh.) The waters of this spring are conducted to Kissingen by means of iron pipes and employed for baths in the va-

rious establishments in the Town. In a building close to the spring, the Bavarian Government have fitted up cabinets de Bains with much comfort and convenience; those on the lower or ground floor are intended for Saline Baths; on the upper floor they are composed of carbonic acid Gas, which is yielded by this spring in an extraordinary excess of quantity. The machinery for directing the action of the gas to any part of the body affected is extremely ingenious. The chief ingredient of the Soolensprudel is muriate of soda or common salt, which is extracted by a peculiar process: the water is first filtrated so as to free it from all foreign substances and then run into large evaporating pans, where by the application of heat the salt is left in a crystalline form; the residue left in these pans, called Mutterlauge or Eau de Mer, is used extensively in the form of a bath in scrofulous and cuta-



neous disease, and the steam arising from the pans during the process of evaporation is conducted through pipes to baths lately erected in the same building and is said to be a powerful agent in many cases of disease. For a farther account of the analysis of those springs, their sanative efficacy in disease and their mode of application I must refer the reader to a small work already mentioned and now in the course of publication,—my translation of Dr. Balling's description of Kissingen etc. etc.

There are several good Hotels at Kissingen, but none of them are equal to the Kurhaus either in point of size, situation, or comfort of accommodation. It contains baths and is close to the springs and public rooms. Large and commodious houses may be hired at a moderate rate, and smaller apartments may be procured without difficulty.

M. Jügel of Frankfort, with his accustomed enterprise and public spirit, has established a reading room and library close to the Kursaal which cannot fail to be a source of amusement and recreation to visitors, since it contains a choice collection of English, French, and German papers as well as the modern publications in all these languages. Maps, Prints and Tour Books may also be procured at this establishment.

Nº. 11.

SCHWALBACH.

Schwalbach, or the swallow's brook, the favorite brunnens of Sir Francis Head, lies nearly half way between Wiesbaden and Ems and may be reached from either of these places by the public road from Frankfort to Coblenz which passes through

the village. For a more particular description of this Spa I must beg to refer the reader to the Bubbles, since the old man appears to have found out beauties and attractions which notwithstanding my long acquaintance with the place I have never been able to discover. The springs at Schwalbach are all chalybeate; they are three in number: of these the Paulinen-contains the least and the Weinbrunnen the largest portion of Iron, the Stahlbrunnen is between the two, but contains a smaller proportion of salt than either of the others and for this reason it is called *par excellence* the *Steel-Spring*.

The following is the analysis of the two first according to Kastner.

16 ounces contain

	<i>Weinbrunnen.</i>		<i>Paulinenbr.</i>
Muriate of Soda	. 0.186.	—	0.030.
Sulph. " "	. 0.600.	—	0.025.

<i>Weinbrunnen.</i>	<i>Paulinenbr.</i>
Carb. of Soda . . . 0.175.	— 0.450.
Carb. of Lime . . . 2.110.	— 2.055.
Carb. of Magnesia . . 3.125.	— 2.750.
Muriate of Potash Traces	— 0.001.
Ox. of Iron . . . ———	— 0.650.
Carb " " 0.835.	— ———
Ox. of Magnese . . . ———	— 0.002.
Free Carb. acid gas	
26 . . . cubic Inches . . .	39

The Inns at Schwalbach are the Allee-Saal (which contains the public rooms) and the Post; there are besides these abundance of private Lodging Houses of which the "Hotel du Duc de Nassau" seems the best. My friend Dr. Swift, who kindly sees my patients at Wiesbaden during my absence, visits both Schwalbach and Schlangenbad twice a week during the season; his adress may be learned at the Allee-Saal or Post at

Schwalbach, and at the Hotel de Nassau at Schlangenbad.

Nº. 12.

BRÜCKENAU.

The visitor or invalid who may be induced to visit Brückenau will not wonder that it should be the favorite Spa of the King of Bavaria: for of all the watering places which I have seen in Germany it struck me as the most beautiful both in point of locality and surrounding scenery. Dr. Granville's description of it is both faithful and just.

Brückenau may be reached from Schlüchtern on the Leipsic road or from Kissingen: from the former it is only three hours drive over a road not particularly good, but about to be put into a state of repair; from the latter it is about double the distance. The Springs at Brückenau

are four in number: the Sinnberger resembling Soda water, but more acidulated, —the Süssequelle, which is tasteless like distilled water; —the Wernarz, also an acidulous spring containing little solid substance, but very gaseous, and the Brückenauer or chalybeate spring.

This latter being the one most worthy of notice I subjoin the following analysis of 16 ounces by Pickel and Meyer.

Muriate of Soda . . .	0.021.
Sulph. " " . . .	0.121.
Carb. of Lime . . .	0.808.
Sulph. of Magnesia . . .	0.082.
Carb. " " . . .	0.050.
Silica . . .	0.036.
Carb. of Iron . . .	0.225.
Carbonic acid gas 36 cubic Inches.	

“The Brückenauer” says Dr. Granville
“is considered to be the clearest and

“most spirituous of all known carbonated
“and chalybeate springs. Hence in all
“cases where carbonic acid and Iron are
“deemed salutary it is to be preferred
“to any other chalybeate waters, though
“they may contain a larger proportion
of Iron.”

The Kursaal at Brückenau is a very striking and beautiful edifice built in the favorite style of the King; it appears however disproportionate to the size of the place and better fitted in all respects for a Spa like Kissingen. The Lodgings are comfortable and the Baths are arranged, like all others in the country, in a manner extremely creditable to the Bavarian Government. Gambling is fortunately no longer permitted at this Spa.

Nº. 13.

BROCKLET.

This Spa was formerly the summer residence of the Princely Arch-Bishops of Würzburg who first brought its waters into repute. It is situated at about the distance of a german mile from Kissingen, with which there is a constant communication by means of public and private conveyances. Both Dr. Granville and a subsequent writer on the subject of mineral waters have fallen into a very odd mistake in stating that there are four Springs at Brocklet.—I could only find two the Brunnen *par excellenee*, and another resembling a puddle of dirty water. On inquiring for the others I was told by the Governor of the Province, the Baron von Rothenhahn, and the medical friends who were good enough to accompany me from Kissingen, that no

other springs existed. I referred to Dr. Granville's work which I had with me, and translated the passage, still doubtful that an author uniformly so correct in his statements should have been so misinformed or deceived. I even peered into every corner hoping I might find something as like a spring as the Schwefelquelle already mentioned. I was forced however to yield the point as my friends seemed as inclined to turn the laugh against me as against my learned and much respected confrère.

The Ludwigsquelle was analysed by Messrs. Pickel and Meyer in 1823, who in 16 ounces found:—

Muriate of Soda	. . .	0.021.
Sulph. " "	. . .	1.121.
Carb. of Lime	. . .	0.808.
Sulph. of Magnesia	. . .	0.082.
Carb. " "	. . .	0.052.

Silica (pure) 0.036.

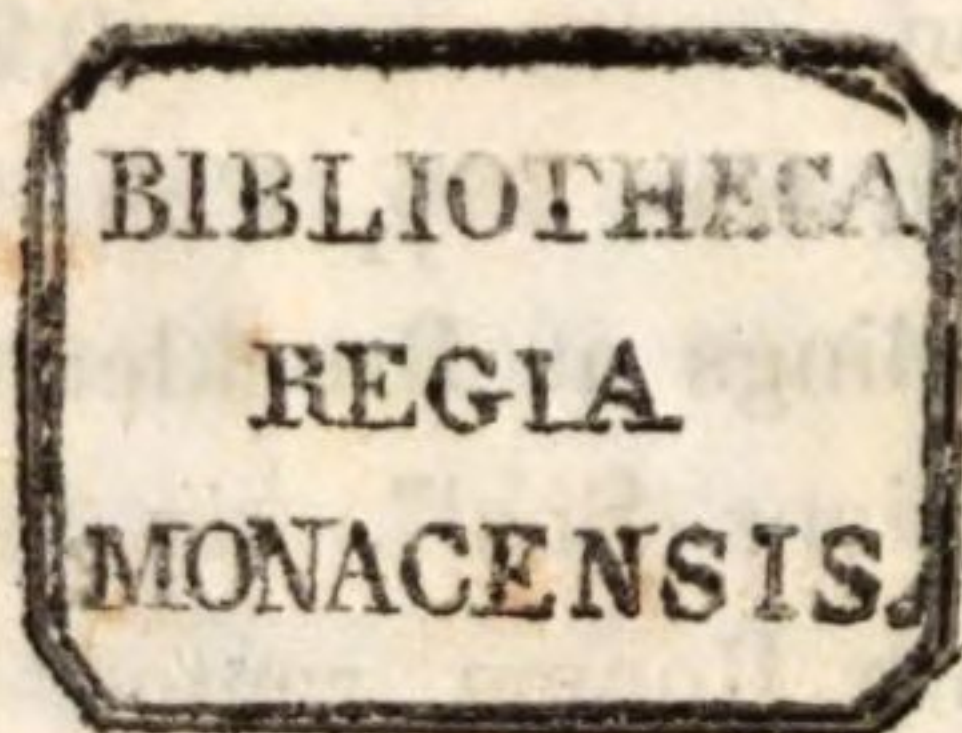
Carb. of Iron 0.256.

Carbonic acid Gas $36\frac{1}{2}$ Cub. Inches.

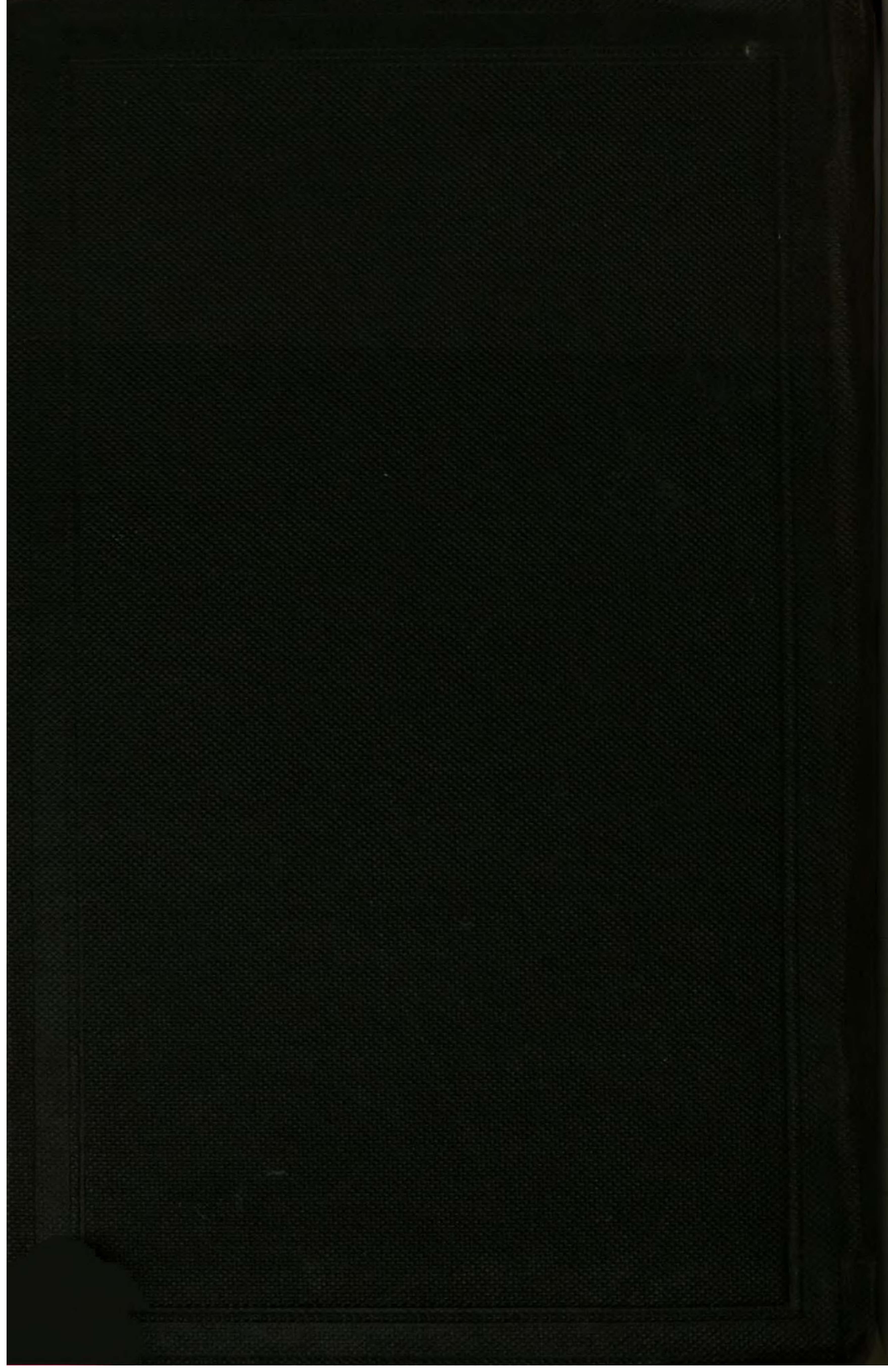
The public buildings at Brocklet consist of a "Conversations-Saal", six Lodging Houses and Bath Rooms rented by the Messrs. Bolzano of Kissingen, whose attention to the wants and comforts of invalids and visitors cannot be too highly praised.

The season commences in June and ends early in August;—the charges both for lodging and living are extremely moderate.

THE END.



THE END



Downie, Alexander Maokenzu

A treatise on the efficacy of Mineral Waters in Cure of chronic Disease
illustrated by cases

Frankfort o/M 1841

M.med. 258 m

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